



The Green Street Newsletter

Issue 13 - August 15

Top tips to help you stay safe in the sun.

Whilst many of us like to enjoy the sun and hot weather, we should make sure we do it safely and remember certain groups of people are more vulnerable than others to the effects of heat or ultraviolet radiation. Extreme heat can force the body into overdrive as it tries to stay cool through perspiration and evaporation. **Spend time in the shade if your shadow is shorter than you.**

If your shadow is shorter than you are, then the sun is strong. During the UK summer, the sun is at its strongest between 11am and 3pm

Wear a hat, t-shirt and sunglasses when the sun's strong.

Wide brimmed hats or foreign legion style caps are best. A wide-brimmed hat, long-sleeved top or maxi dress will not only help protect your skin but are also the height of summer style!

Cancer Research UK recommends you use at least factor 15 sunscreen with a high star rating.

Sunscreen rubs off easily if you sweat, swim or change clothes. So whether you're in the UK or abroad, when the sun is strong remember to apply generously and reapply regularly

At Risk? It's Nearly Time To Get Your Flu Jab

We will be opening our clinics up in August to take bookings from September for patients who are eligible for the flu vaccination. This is for patients over 65 years old or any patients under 65 who fall into one or more of the following categories: Diabetes, Pregnancy, Low Immunity, Chronic Respiratory Disease, Chronic Heart Disease, Chronic Liver Disease, Chronic Kidney Disease or Chronic Neurological Disease.

Due to Department of Health Directives we will be unable to vaccinate you if you are not in one of the above risk groups, however, vaccines are available from local pharmacies for a small fee.



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Shingles

We shortly will be calling patients in who are eligible for the shingles vaccination. Patients aged 70 & 78 on 1st September 2015 will be invited to attend this year.

We will be sending out invites in batches so please be patient with us as you will be notified if you are eligible for this free vaccination.

Friends and Family Test (FFT)

Since starting the FFT test in January we have had nearly 350 responses with 82% of patients saying that they are 'extremely likely' to recommend Green Street to their Friends and Family.

Pneumococcal Vaccinations

If you are over 65 and have not a pneumococcal vaccination please call Reception today to make your appointment.

You will only usually require 1 vaccine in a lifetime unless you have an underlying health problem. If this is the case we will already have discussed your vaccination intervals with you.

Meningitis ACWY

(National catch up programme)

Letters were sent out this week to all patients in the catch up age group for Year 13 adolescents whose Date of Birth is between 01/09/1996 and 31/08/1997.

1st time University Students

We will also be able to vaccinate patients who are going to university and are under 25yrs old.

If you have received a letter or you are under 25yrs old and due to go to university for the first time this September, please contact the surgery to make an appointment.

We have clinics in the afternoons of Mon 17/8, Tues 25/8 and Thurs 3/9.

Multidisciplinary Educational Learning Events (MELE)'s

The surgery will be closed from 12.30 on the following date to allow all practice staff to undertake staff training: 30th September 2015