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| **Aldermoor Surgery Newsletter – July 2020** | | | | |
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| Aldermoor Surgery  Aldermoor Close  Lorsdwood  Southampton  SO16 5SP  Tel: 02380 241000  Out of hours : 111  **The Practice is a member of Southampton West Primary Care Network and Southampton Primary Care Ltd**  West London NHS Trust maintains 'good' overall rating from Care ...  **C:\Users\julie.howgate\AppData\Local\Microsoft\Windows\INetCache\IE\WW22874H\Covid19b[1].jpg**  **C:\Users\julie.howgate\AppData\Local\Microsoft\Windows\INetCache\IE\SVKAH3UD\Social-Media-2-800px[1].png**    **C:\Users\julie.howgate\AppData\Local\Microsoft\Windows\INetCache\IE\318WESGV\annual-review[1].jpg**  **C:\Users\julie.howgate\AppData\Local\Microsoft\Windows\INetCache\IE\318WESGV\08-vaccine-baby-full[1].jpg**  C:\Users\julie.howgate\AppData\Local\Microsoft\Windows\INetCache\IE\WW22874H\StopSmoking2[1].png  Update for primary care on cervical screening campaign - PHE Screening  C:\Users\julie.howgate\AppData\Local\Microsoft\Windows\INetCache\IE\SVKAH3UD\expecting-a-baby-girl[1].jpgC:\Users\julie.howgate\AppData\Local\Microsoft\Windows\INetCache\IE\7ERJEY55\physiotherapy[1].jpg  C:\Users\julie.howgate\AppData\Local\Microsoft\Windows\INetCache\IE\WW22874H\counseling[1].jpg  C:\Users\julie.howgate\AppData\Local\Microsoft\Windows\INetCache\IE\SVKAH3UD\iStock-487419534[1].jpg  C:\Users\julie.howgate\AppData\Local\Microsoft\Windows\INetCache\IE\318WESGV\specsavers_logo-jpg1[1].png  C:\Users\julie.howgate\AppData\Local\Microsoft\Windows\INetCache\IE\WW22874H\prescription[1].jpg  C:\Users\julie.howgate\AppData\Local\Microsoft\Windows\INetCache\IE\SVKAH3UD\9[1].jpg  C:\Users\julie.howgate\AppData\Local\Microsoft\Windows\INetCache\IE\318WESGV\kmxy9p8w-1416292523[1].jpg  C:\Users\julie.howgate\AppData\Local\Microsoft\Windows\INetCache\IE\WW22874H\boeing-159589_640[1].png  C:\Users\julie.howgate\AppData\Local\Microsoft\Windows\INetCache\IE\7ERJEY55\sunscreen[1].jpg  C:\Users\julie.howgate\AppData\Local\Microsoft\Windows\INetCache\IE\SVKAH3UD\flu-season-ahead-e1416518380239[1].jpg | | *Welcome the latest edition of the surgery newsletter, keeping you up to date with all the surgery news. It has certainly been a testing time due to the COVID- 19 outbreak but we would like to thank all patients for their patience and cooperation for adhering with the ongoing changes to our guidelines. The safety of patients, clinicians and staff is of utmost importance to us.*  *We are here for you- Please be reassured our surgery is a 'Clean' and 'Safe' area to visit, we are following strict protocols to ensure the safety of all. Our GP’s and nurses are here for you and we continue to ensure that people who need care or medical assistance receive it. Do not ignore other health issues or ongoing medical conditions please get in touch.*  ***ALDERMOR SUGERY IS OPEN OR BUSINESS***   * **Primary care is still open and we encourage people to get in touch for any health concerns that cannot be dealt with by the individual, their family or friends or the local pharmacy** * **Routine vaccinations and immunisations are important and are available at the surgery** * **Please only visit the surgery in person if you have an appointment, please avoid bringing anyone with you and please leave prams and buggies outside.** * **If you think you need to see a doctor please call the practice to speak to a clinician or use e-consult via the practice website** * **If you need to be seen face-to-face then you will be given an appointment to come to the practice** * **This change is happening to help keep staff and patients safe** * **We want to discourage people queuing outside a GP practice and waiting in the waiting area, to reduce the spread of coronavirus** * **Coming in for a booked appointment means you will be seen promptly** * **Staff will clean down areas before your arrival to keep you safe** * **If you have coronavirus symptoms DO NOT come into the practice– self isolate and seek help via your practice or NHS 111**[**nhs.uk**](http://www.111.nhs.uk/)   **Coronavirus related**  Some of the ways we work have changed, and you might want to consider online access to appointment booking and repeat prescription requests, if you haven’t already done so. If you’re not sure how to do this, please ask a member of our reception team who will guide you through the process and provide any information you might need. You can also find more information about this on our website.  We’ve had a quick search around the internet and found some guides which you might find useful:  Easy DIY Facemasks: <https://www.gathered.how/sewing-and-quilting/sewing/how-to-make-a-face-mask-2-ways-to-sew-your-own/>  Does wearing gloves help? <https://fullfact.org/online/Coronavirus-Gloves/>  Correct hand-washing technique: <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>  Childrens’ hand-washing song: <https://www.youtube.com/watch?v=S9VjeIWLnEg>  **Social distancing**  While governments across the UK may be easing restrictions, it’s still important to maintain social distancing. Staying 2 metres apart and regular, effective handwashing are proven to reduce the spread of the virus. Where social distancing isn’t possible, you should wear a mask to reduce the spread of the virus.  Across the UK, there are changes to social-distancing rules. While there’s a general easing of restrictions, each part of the UK is lifting restrictions in the way that seems to suit their population best. Where these rules are different, you need to make sure you’re following the correct guidance for that particular part of the UK. It’s important to remember that at the moment the advice across the UK remains to stay outdoors if meeting others from outside your own household.  <https://www.bbc.co.uk/news/uk-wales-52416541> [https://www.nhs.uk/conditions/coron...s/staying-at-home-and-away-from-other-people/](https://www.nhs.uk/conditions/coronavirus-covid-19/staying-at-home-to-avoid-getting-coronavirus/staying-at-home-and-away-from-other-people/)  ***FACE MASKS***  We’ve received lots of requests from patients who are concerned that they need a medical exemption letter. You don’t need a letter from your GP if you’re exempt from wearing a face covering on public transport because you have a medical condition or disability. Instead, you can print one of the cards here: <https://disabilitypartnershipcalderdale.org/2020/06/16/mask-exemption-cards-print-wear/>  The rules about face coverings are different in every part of the UK, so we recommend you check what the rules are before you travel if your journey will take you into another part of the UK. *England*  If you’re planning o travelling public transport you will need to wear a face mask  https://www.gov.uk/guidace/coronaviru-covid-19-safer-travel-guidance-for -passengers  From 24th July you must wear face mask in shops and take-a-ways  We also request that you wear a face covering if you visit the surgery  **Chronic condition reviews -restarting** Over the coming months; we’ll be contacting patients to arrange follow-up annual appointments for those who suffer with conditions such as:  **Asthma, COPD, High Blood Pressure**  **Diabetes, Dementia, Rheumatoid Arthritis.** We’re still reviewing patients with chronic conditions to ensure they’re well looked after. We may offer telephone or video appointments where this is appropriate; we may also ask you to visits the surgery if it is safe to do.  We will be calling all patients by their month of birth. This may mean that you may be called earlier than the usual 12 month review  **Childhood imms**  We’re still offering routine childhood vaccinations. It’s really important to ensure that your children are kept up to date with their immunisations to help prevent them from becoming unwell with serious illnesses. Appointments and waiting procedures may be slightly different from normal. If you’re coming to the surgery, please ensure that only you and your child attend the appointment. If you believe your child may have missed one of their routine immunisations, we can help you check. If your child has missed doses of routine vaccinations, we may be able to offer catch-up doses. It’s vitally important for the health and well-being of your child and others  **Smoking** Please don’t be offended if one of our team contacts asks if you’re a smoker. Even though coronavirus has changed the way we work, we’re still trying to ensure the best health outcomes for our patients. With life in lockdown, you might think that now is an ideal time to quit smoking. With fewer social cues for smoking habits, you might find quitting easier. <https://www.nhs.uk/conditions/stop-smoking-treatments/>  **Cervical screening** We’re able to offer routine cervical screening appointments. Things might look a little different from normal when you come in, but we’re keen to make sure that we keep women up to date with their smear tests. If you receive a letter inviting you for a cervical screening test please telephone reception <https://www.nhs.uk/conditions/cervical-screening/>  **Self-Refer – to avoid coming to the surgery**  You can now self - refer for the following without the need of speaking to your GP:-  **Maternity Services**  As long as you are believed to be at least 6 weeks pregnant, you can now self– refer to the Maternity Services at the Princess Anne Hospital. Simply visit their website https://www.uhs.nhs.uk/OurServices/Maternityservices/Maternity-self-referral/Maternity-self-referral.aspx and complete the referral form. You must allow 10 days for them to process your booking. If you have not heard from the team after this time, you can contact them on 023 8120 8714 to arrange your booking appointment. If you have any queries or concerns please contact the triage midwives on 023 8120 8513 or 07468 755695, Monday to Friday between 9am and 5pm.  **Physiotherapy**  If you have any musculoskeletal problems such as back/neck pain, joint pain, or soft tissue injuries, you can now refer yourself for a 40 minute ‘see & treat’ appointment with a physio via Southampton Primary Care Limited (SPCL). Either go to their website https://southamptonprimarycare.org.uk/patients/services/physiotherapy/physiotherapy-self-referral-form/ and complete the online referral form or call them direct on 02380 170611 to arrange an appointment.  **Counselling Services**  Steps2Wellbeing offer psychological therapies for mental health conditions such as depression, anxiety and stress. You can refer yourself to their services online https://gateway.mayden.co.uk/referral-v2/468cc192-7135-4079-a023-d0d10c7ec60c . You will then be assessed to see how they can best meet your needs.  **CAMHS (child and adolescent mental health services)**  You can refer to the child and adolescent mental health services online https://www.solent.nhs.uk/our-services/services-listings/child-and-adolescent-mental-health-service-camhs-southampton/  Alternatively, you can call direct them on 023 8103 0061 Monday to Friday between 9am and 5pm if you are worried about your child.  **Minor Eye Complains (MECs)**  Specsavers in Shirley offer a service to help with minor eye complaints such as acute red eye, sudden loss of vision, flashing lights, floaters, eye pain but not headache. Although they are currently operating a closed door policy, they are still available to help. You can contact them on 02380 778818  **PRESCRIPTIONS**  In the next coming months the surgery will no longer be printing out prescriptions. Instead they will be sent electronically to your chosen pharmacy.  If you have not informed us of your nominated pharmacy please let us know so that your medication request is not delayed  How can I request my repeat prescription   * With the on-line service – ask for details * Via the telephone 02380 241000 * Email soccg.aldermoorsurgery.nhs.uk * E-Consultation via the practice website [www.aldermoor.nhs.uk](http://www.aldermoor.nhs.uk) * By hand – through the surgery letter box located at the front of the building   **WE ARE A REFERRAL**  **AGENT FOR SOUTHAMPTON CITY MISSION**  **If you need a food voucher please ask at reception**  **­­­­­­­­­­­­­Basics Bank Opening Hours*:***  **Friday - 10am-3pm**  **Lordshill Ecumenical Church**  **Food habits**  A balanced diet is a very important part of keeping our bodies healthy. We’d always try to encourage moderation rather than radical or ‘fad’ diets. But we know it can be a real challenge to ensure you’re eating a healthy, balanced diet, especially when so many of life’s other little pleasures have been restricted and we’re looking for comfort. There are some really easy ways to try to ensure you eat a balanced diet. You might have heard the expression ‘eat a rainbow’. ‘Eating a rainbow’ can help you to eat enough fruit and vegetables each day, by trying to include the colours of the rainbow through the day. If your diet is mostly beige, you might want to consider whether a technique like this might help you to eat a more balanced diet with plentiful fruit and vegetables.  Coronavirus has had a huge impact on many of us in the way that we eat and socialise. We’ve found some useful articles that should help you to replicate restaurant meals at home, or BBQs in the garden, while keeping a healthy and balanced diet in mind: <https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/5-a-day/colourful-foods> [https://www.bhf.org.uk/informations...zine/nutrition/restaurant-style-meals-at-home](https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/restaurant-style-meals-at-home) <https://www.bbcgoodfood.com/recipes/collection/healthy-barbecue>  ***Activities and travel***  <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>  <https://www.gov.uk/guidance/coronavirus-covid-19-countries-and-territories-exempt-from-advice-against-all-but-essential-international-travel>  *As restrictions are eased across the UK and we can travel further to exercise, Walking Britain has a fantastic walk finder that you can explore. Simply type in the area you want to visit and fine a suitable route. Walking is amazing way to stay fit and healthy :* <https://www.walkingbritain.co.uk/find-walks-by-me.php>  **Sun safety**  As the weather has been unseasonably warm; many of us have been spending more time outdoors than we normally would. We need to make sure we’re taking care of ourselves by applying the right amount of sun cream and drinking enough water. Many of us don’t apply enough sun cream to get full protection; you need more than you might think! Two tablespoons is about the right amount to cover your body while wearing a swimsuit.  Dehydration can have an impact on your health and if you’re feeling thirsty, you’re already dehydrated. While the recommendation is to drink 8 glasses of water per day, if the weather is very hot, or you’re exercising, you may find that you need to drink more than this to stay well hydrated.  When heatwaves are forecast, it’s even more important to be observant about the weather conditions and your physical well-being. You might also need to check on vulnerable family members and neighbours more frequently. In the UK, there’s an alert system that tells you what you need to look out for: <https://www.nhs.uk/live-well/healthy-body/heatwave-how-to-cope-in-hot-weather/> <https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/> <https://www.nhsinform.scot/campaigns/hydration>  **FLU SEASON**  Over the next couple of week we will start to organised or Flu Clinics. This year due to the corona virus we have to do them very differently to the way we usually do them. The guidance has also changed whereas every person aged 50 years and over is entitled to and encouraged to have a flu vaccination. We will be sending text messages so please ensure we have an up to date mobile number.  *should you wish to receive these updates electronically please register via our website at*  <https://www.aldermoor.nhs.uk/>  *All we need is an email address*. | | |
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|  | | New 'stay alert' slogan criticised after it is leaked ahead of ... | | |