

Summer 2017

# Old Leake Medical Centre News

We're on the web!  
[www.oldleakemed.co.uk](http://www.oldleakemed.co.uk)



## Dates for your Diary

Please note that the surgery will be closed from 12:30pm for staff training on the following dates:

Thursday 20th July 2017  
Thursday 17th August 2017  
Thursday 21st September 2017

Should you require urgent medical attention on any of these afternoons, please telephone the surgery on 01205 870666.

## Text Reminder Service

We are now offering a free appointment reminder service via text. If you are not currently receiving reminders on your mobile phone, please check with reception that we have your correct number on our records.



## Building Update

We are optimistic that the building work will be completed by the end of July 2017. We would like to take this opportunity to thank everyone for their co-operation and understanding during this exciting but difficult time.

## Dispensary Opening Hours

### IMPORTANT INFORMATION

As from Tuesday 16th May 2017 the Dispensary at Old Leake Medical Centre will relocate to a new entrance. For collection, ordering and enquiries relating to your medication please use the new entrance which is located to the right of the main entrance.

### NEW DISPENSARY OPENING HOURS

As from Tuesday 16th May 2017 the dispensary opening hours will be as follows:

Monday to Friday

9am to 1pm

2pm to 6:30pm

PLEASE NOTE WE WILL BE CLOSED FOR LUNCH  
EVERYDAY 1PM TO 2PM

## Staff News

We bid farewell to some members of our team .....

**Dr Erum Shafique**—is relocating to Scotland

**Michelle Coy**—Medical secretary—is taking up a secretarial post at Pilgrim Hospital

**Rachael Bell**—Practice Manager—is taking up the post of Practice Manager at Stickney Surgery

**And welcome 5 new members of staff to the surgery**

**Mark Shaw**—will be joining us as the new Practice Manager from the end of July

**Patricia Goodman**—will be our new Medical Secretary

**Haley Dales**—will be joining the Dispensary team

**Linda Ruby and Bonnie Strain**—will be joining the Reception team

## Travel Advice

If you are planning a holiday soon and would like travel advice and vaccinations, please make an appointment with one of our Practice Nurses to discuss your travel requirements. You may wish to look at the practice website which offers further information about travel which you may find useful.

[www.oldleakemed.co.uk](http://www.oldleakemed.co.uk)

Please contact the surgery at least six weeks before your trip. Some travel vaccines are ordered on a private prescription and these incur a charge over and above the normal prescription charge. This is because not all travel vaccinations are included in the services provided by the NHS. Those vaccines which are provided free of charge by the NHS for travel abroad are:

- Typhoid (to some countries)
- Poliomyelitis
- Hepatitis A



## Congratulations

**Dr Bijoy Sinha has been awarded the RCGP fellowship in recognition of a significant contribution to medicine in general and general practice in particular.**

**Fellows are ambassadors for RCGP, exemplifying our motto: 'cum scientia caritas'.**



## Patient Participation Group



We have a Patient Participation group who meet regularly to discuss matters relating to the surgery.

If you have a non medical condition that you would like to speak to a member of the PPG about, please let us know and we will arrange for one of them to contact you.

We always welcome new members. If you would like to join us please enquire at reception or email us at [LECCG.oldleakemc@nhs.net](mailto:LECCG.oldleakemc@nhs.net)

## Book Sale

We would like to thank everyone who has donated and purchased books from the book stall. We have now purchased a rollercoaster play table for the children.



## Hospital Blood Tests

Blood tests requested by the hospital will no longer be provided by the surgery. Patients will need to book an appointment at the pathology clinic at Pilgrim Hospital.

## Sunscreen and sun safety

### Sunscreens

Choose a sunscreen with an SPF level of 30+ which has both UVA and UVB coverage. If you are swimming choose a water-resistant sunscreen and reapply this frequently. Apply generously, the amount should be about the size of a golf ball and should be applied at least half an hour before you go out.

### Cover up

Wear light coloured, loose fitting clothing. Wear a hat with a brim all round. Baseball caps leave the ears exposed so they are not the best choice for sun protection. A hat will also protect your eyes from the glare. Wear sunglasses

### Stay hydrated

Water is the best choice for keeping hydrated on warm and hot days (and on cold days too!) Avoid sugar and alcohol as these can dehydrate you. Drink water even if you are not thirsty. It is best to sip water throughout the day to avoid thirst altogether.

### Staying out of the sun

The sun is at its strongest around the middle of the day. Make the most of shade. Finding a spot in the shade is more effective than sunscreen. Schedule outdoor activities to avoid the hours when the sun is at its strongest. When walking babies and children outdoors, choose the coolest parts of the day. Use a sun canopy over a pushchair and ensure that children are adequately covered with clothing, hats, sunglasses and sunscreen when out in the heat of the day. Know the signs and symptoms of heat exhaustion and heatstroke

If you experience any of the following symptoms, get out of the sun (preferably somewhere cool) and drink plenty of fluids. Skin that is hot to the touch Excessive sweating Dizziness or disorientation Fatigue Nausea or vomiting Rapid heartbeat Dark and or infrequent urination

**If symptoms do not improve, seek medical attention.**

