

SURGERY NEWSLETTER



WATERSIDE MEDICAL CENTRE - AUGUST 2022

HOW TO STAY WELL IN HOT WEATHER

What risks does hot weather pose?

- dehydration from not drinking enough water
- Overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- Heat exhaustion and heat stroke
- Sunburn or sun exposure



Who is most at risk in hot weather?

- Older people, especially those over 75
- Those who live alone or in care homes
- People who have serious long term health conditions such as, heart or kidney disease, diabetes or mental health conditions
- Babies and very young children
- Homeless people or those who live or work in hot places and are regularly outdoors

Top tips for coping in warmer weather

- Stay well hydrated and wear loose fitting clothing
- Stay indoors during the hottest part of the day and apply sun cream if you do have to go outside
- Look after for those who may struggle to keep themselves cool and hydrated (younger and older people)
- Close curtains in rooms that face the sun and consider using a fan with ice placed in front of it to cool the room down.

WHAT CAN YOU DO?

STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

FIVE STEPS TO MENTAL WELLBEING

Evidence suggests there are simple steps everybody can take to help look after and maintain their mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

Step 1: Connect with people

Good social relationships are very important for mental wellbeing and can help build a sense of belonging, provide emotional support and enable you to share positive experiences.

Step 2: Be physically active

Being active is great for both your physical and mental health. Participating in exercise each week is proven to raise your self-esteem, helps you keep goals that you set and can cause chemical changes in your brain which positively effect your mood.

Step 3: Learn new skills

Research has shown learning a new skill is a great way to build confidence and enable you to meet new like minded people. Try out a new cooking or fitness class or consider taking up a new hobby within your local community.

Step 4: Acts of kindness towards others

Acts of kindness towards others has a direct correlation to your own mental health and wellbeing. You could try writing thank you letters to friends and family or baking a cake for a charity sale or a friend. You could also offer to volunteer for a local charity or organisation.

Step 5: being present

Paying more attention to the present moment can improve your mental wellbeing and encourage you not to dwell on negative or anxious thoughts.

Please be aware the [practice will be closed on Monday 29th August due to the bank holiday.](#)

We will **re-open** as normal on **Tuesday 30th August at 8am.** For any medical support when we are closed please consider alternative options such as your **local pharmacy, calling 111 or 999** in cases of emergencies.

Leamington Primary Care Network 'lifestyle clinic' for patients

Physical activity and movement can help improve our health and mental wellbeing. Many long term health conditions can be reversed or improved with daily movement.

There are many local options and activities available to join and participate in around Leamington and Warwickshire and finding something that suits you is key! Whether it is walking or jogging with a group, or sweating it out at a local dance class.

The Leamington Primary Care Network has created a simple guide on what is available for patients and how to get involved with local activities. Please see this PDF attached to the newsletter email.



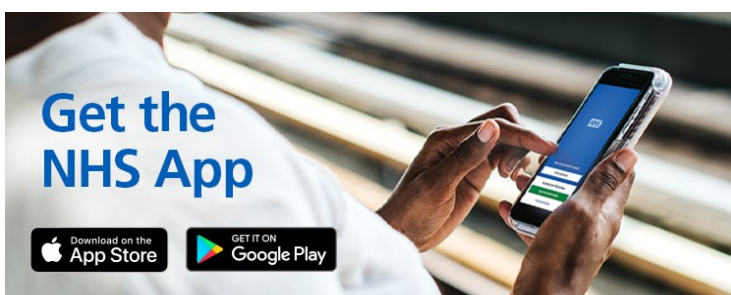
STAFF TRAINING DATES FOR 2022

Please be aware that practices across South Warwickshire will be **closed** from **12:30pm on the following dates** for important staff training:

- 22nd **September** 2022
- 19th **October** 2022
- 24th **November** 2022



Out of hours information will be available on our phone system.



REMINDERS

40-74 yr olds please book your NHS Health Check!

The NHS Health Check is **available to patients between the ages of 40-74** and is **designed to spot early signs** of stroke, kidney disease, type 2 Diabetes and dementia. As we get older, we have a **higher risk of developing one of these conditions**. This check helps find ways to lower this risk.

If you are in this age group and **do not have a pre-existing condition such as diabetes, heart or kidney disease** you should receive a letter from your GP surgery inviting you to book your free test. Alternatively, **please call the practice** and ask to book your **'NHS Health Check'** with our health care assistant, who will complete a **routine blood test** and go through the health check in your appointment.



WE VALUE YOUR FEEDBACK!

The team at Waterside Medical Centre work very hard to provide a **high quality** and **responsive** service to our patients but we are always looking for ways to improve our service and listen to what our patients have to say.

There are lots of ways for patients to have their say and we would love to hear from you with any comments you may have as to how we can **improve** our service to you.



admin@watersidemc.nhs.uk



@LeamingtonGPs



www.facebook.com/WatersideMedicalCentre



01926 428321

Comments cards are available in reception and we have a patient participation group who meet regularly.

USEFUL CONTACT NUMBERS

Out of Hours Service	111
NHS Direct 24/7	111
Mental Health Helpline	0800 161 171
Warwick Hospital	01926 495321
UHCW Hospital	02476 964000
Ambulance Transport	01926 310312
District Nurses	0845 608 0275