

# EMMER GREEN SURGERY

## NEWSLETTER – JULY

### EDITION

July is here, a heat wave is near..



**Please stay safe in the sun throughout the summer.**

**Most of us welcome hot weather, but when it is too hot for too long, there are health risks. In England, there are on average 2000 heat related deaths every year. As the hot weather hits this summer, make sure it does not harm you or anyone you know.**

**The main risks posed by a heatwave are:**

**Not drinking enough water, over heating which can make symptoms worse for people who already have problems with their heart or breathing. Heat exhaustion and sunstroke.**

**Tips for coping in hot weather are:**

- **look out for those who may struggle to keep themselves cool and hydrated – older people, those with underlying health conditions and those who live alone are particularly at risk**
- **stay cool indoors – many of us will need to stay safe at home this summer so know how to keep your home cool**
- **close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors**
- **drink plenty of fluids and avoid excess alcohol**
- **never leave anyone in a closed, parked vehicle, especially infants, young children, or animals**
- **try to keep out of the sun between 11am to 4pm**
- **walk in the shade, apply sunscreen regularly and wear a hat, if you have to go out in the heat**
- **avoid exercising in the hottest parts of the day**
- **make sure you take water with you if you are travelling**
- **if you are going into open water to cool down, take care and follow local safety advice**

#### MONTHLY STATISTICS

*In the month of June, we offered 616 face to face appointments with a GP.*

*27 face to face appointments were not attended by the patient.*

*Please can we ask: If you cannot make your appointment, to let the surgery know so this can go to another patient who needs it. Thank You.*



## WHO IS ADVANCED NURSE PRACTITIONER?

The Advanced Nurse Practitioner of today is an advanced practice registered nurse who provides acute and primary care to people by:

Listening to patients, families, and communities to understand their health needs and offer any support they may need. They will access, diagnose, and help to treat health conditions within patients.

Nurse Practitioners work independently and in collaboration with other healthcare professionals. Hayley is our very experienced nurse practitioner with over 10 years in this role at Emmer Green Surgery.

You will be glad to know she has telephone calls and face to face slots available for a wide range of minor illnesses and mental health issues. Hayley also has a special interest in women's health and expertise in contraception, menopause and HRT management and can provide prescriptions when necessary.

Our Nursing Team also consists of Suna, Mandy, Tessa, Katy, Marina, also with Hilary as our Diabetic Nurse specialist.

We welcome our newest practice nurse Mandy, and we are sure a few of you have seen her in clinics already as she has already hit the ground running. Well done, Mandy!

We are extremely sorry to lose Rochelle this month and know you will be sad to see her go too. We wish you the best of luck in your new adventure of Nursing!

### IMPORTANT NOTICE:

**Please note our Email address has changed for any surgery enquires this is now:**

[bobicb-bw.emmer-greensurgery@nhs.net](mailto:bobicb-bw.emmer-greensurgery@nhs.net)

Please also remember you can contact us via our website

<https://www.emmergreensurgery.co.uk/>