

*Drs P.R.Mixer, D.Norgate, S.C. Carruthers, G.V.Williams, A.Alamgir. Tel 01482 862236. Fax 01482 861863*

*The Old Fire Station, Albert Terrace, Beverley, HU17 8JW*

**Issue 8 Summer 2017**

Dr Mixer & Partners Newsletter



***8 Summer Foot care tips from the College of Podiatry***

***(1)Trim your toenails*** for summer to prevent ingrown nails

(2) ***Go barefoot*** when you can to help stop sweaty feet

(3) ***Use sun cream on your feet and nails*** – don’t stop at your ankles!

(4) ***Change socks daily*** and choose socks that are 70% cotton or wool

(5) Wear ***supportive summer shoes***, wearing flimsy sandals all the time can give you arch and heel pain

(6) ***Take a break from nail polish***, nails need to breathe from time to time, a 3 day break once a month will suffice

(7) ***Keep feet clean***, wash them each morning and each night in warm, soapy water and dust them with talc to tackle sweat

*(8)* ***Banish blisters***, blisters strike more often in hot weather. If you do get a blister, *don’t pop it*! Cover it in a plaster and if it bursts, apply some antiseptic.

***Are you Summer ready?***

Here at Dr Mixer and Partners, we are aware this may be an *optimistic* heading, however the dangers of hot weather should definitely be made aware. Most of us welcome hot weather, but we forget to realise that when it’s too hot there can be health risks, especially involving a vulnerable neighbour, friend or relative! Read on for Summer advice…

***Dehydration***

Dehydration occurs when the body loses more fluid

than in takes in. Water makes up over two thirds of the human body.

Some of the early signs of dehydration include;

Feel thirsty/light headed, a dry mouth, tiredness,

having dark strong smelling urine and passing less urine than usual.

***Sunscreen - An Important Factor!***

Most people do not apply enough sunscreen, or apply it too thinly. It is also important to re apply it after swimming/being in the water even for short periods of time. To further avoid the risks of sunburn, cover up with suitable clothing ,wear a wide brimmed hat ,and seek shade in hours of strong sun between 12pm and 2pm.

***August Bank Holiday***

The Surgery will be closed for the bank holiday on Monday 28th August 2017.

***REMEMBER*** to order your prescription by Wednesday 23rd August!

***Regular Opening Hours***

**Monday 08.00 – 18.00  
Tuesday 08.00 – 18.00**

**Wednesday 08.00 – 18.00  
(Please note we close weekly for training   
on WEDNESDAYS between 12.45 – 14.00)  
Thursday 08.00 – 18.00  
Friday 08.00 – 18.00**



***Sharps Disposal***:

For disposal of yellow sharps bins for our diabetic patients please ring the council on the following number: 01482 393939. Please do not bring them to us, or your local chemist.

***British Red Cross:***

British Red Cross provides short-term loans of mobility aids to people in need ,including wheelchairs, commodes, walking sticks and frames. Although, a £20 deposit is required for this hire service, the British Red Cross do not charge for the wheelchair hire but do take donations (not compulsory).

You can call them on 01482 499830.

The phones are always busy but you can always leave a message and somebody will get back to you.

***Planning your 2017 holiday?*** 🏝

Many foreign countries require additional layers of protection when visiting that can include vaccinations or preventative medication. Please let us know **6-8 weeks in advance** if you need any travel vaccinations or are unsure, to allow our nurses to book you in and allow time for the vaccinations to activate.

***Did you know?***

Most Pharmacies offer a repeat prescription delivery service, which in most cases is free. This is brilliant for those who not only have mobility issues, but those who have a busy schedule, who work long hours or have children to pick up.

***✓ Batch Prescribing***

If you have regular repeated medicines, you can ask your Pharmacy to be put on “*batch-prescribing*” where your Pharmacy can request up to 6 months of your medication to be released monthly for you to pick up from them, ready packed!

***✓ Patient Access***

With our online system **Patient Access**, you can book your appointments ahead and also order your repeat prescriptions through the clinical system. To gain access, just ask at reception to fill out a quick form and bring photo ID for them to print your log in details for you.

***Text Reminder Service >>> 🖂***

We can use your mobile number to send you text reminders about appointments, and the option to cancel by replying to the text if you are unable to attend the appointment. This will help to reduce the number of appointments not attended.

***Have we got your correct Details?***

Please make sure we have your contact details up to date, as we may need to let you know of something with regards to your health. Your GP Surgery is your gateway to the rest of the NHS, so when you change your address and telephone number with us, it is changed across the whole of the NHS. It is also particularly important if you have requested an ***emergency appointment*** to ensure we have the right means of getting in touch.

***Med School***

Our Practice is a **Training Practice,** and occasionally we will have medical students spend time with our GP’s to learn more about General Practice and in treating particular conditions. If you would like to volunteer to be seen with medical students, and are willing to be contacted when a relevant topic arises, please email us with your **name** and **contact details**, and a list of conditions that you are happy to discuss with the students to ERYCCG.medschool-ofs@nhs.net

***Patient Participation Group*** 🕬The **Patient Participation Group** (PPG) aims to promote co-operation between the Practice and the Patients to the benefit of both. The group meets occasionally to express ideas and to help us provide the best service for you. We welcome new members at any time, if you are interested in joining the PPG, or if you have a question or an issue you would like the PPG to discuss, please forward your discussion items to the following email or ask at reception; [ERYCCG.OFS-PP@nhs.net](mailto:ERYCCG.OFS-PP@nhs.net)

***Waste Medicines Campaign***

Waste medicines cost the UK taxpayers **up to £800 million a year**. In order to help the NHS reduce waste, don’t stockpile medicines and only order what you need to. Remember, many of the items you can get on prescription are available to buy.

**USEFUL NUMBERS**

OLD FIRE STATION………………….…... 01482 862236

SAMMAN ROAD SURGERY……………..01482 882281

SPINKS CHEMIST…………..……………….01482 882562

CASTLE HILL……………………………….... 01482 875875

HULL ROYAL INFIRMARY……………....…01482 328541

EAST RIDING HOSPITAL……………….....01482 886600

SPIRE HULL AND EAST RIDING ………….01482 659471

SINGLE POINT OF CONTACT…………….01482 301701

PHYSIO DIRECT……………………….………01377 208300

**DNA Count!**

There were **347** missed appointments in

March, April and May.

Please **let us know if you are unable to attend**; if you have opted in for text reminders you can cancel by replying to these directly.