

PRACTICE NEWS

We now have new members of staff on Reception, listed below is our Reception team:-

Jayne, Carrie, Jodie, Sam, Chloe, Sharon

PRIMARY CARE NETWORK NEWS

We have new members of PCN staff working at the practice:-

Gurdev	Physicians Associate	Monday all day
Najmal	Physicians Associate	Wednesday all day
Yuvraj	Physicians Associate	Tuesday PM/Thursday AM
Fiz	Social Prescriber	Thursday all day
Callum	Paramedic	Wednesday all day
Farzana	Pharmacy Technician	Tue all day (remotely)

What is a Physicians Associate?

Physician associates are medically trained, generalist healthcare professionals, who work alongside doctors and provide medical care as an integral part of the multidisciplinary team. Physician associates are practitioners working with a dedicated medical supervisor, but are able to work autonomously with appropriate support.

What is a Social Prescriber?

Fiz our Social Prescriber will provide one to one support to patients with any non-medical issues that may be affecting their overall health and wellbeing. The Social Prescriber will work with the patient to find their own individual solutions and help each patient to put together a support plan or 'social prescription' that can be worked through together at a pace suitable to each patient. Social Prescribing can help you to explore what services are available to you that might be able to support you to improve your health, wellbeing and independence.

Find out more about these roles on our website and in the next newsletter



Cervical Screening Awareness Week

19th - 24th June 2023

Going for your cervical screening isn't always easy, and everyone's experience is different. So many changes in life, from big milestones to how we feel day-to-day, can have an impact.

This Cervical Screening Awareness Week, we're sharing different experiences from women and other people with a cervix: screening after giving birth, after menopause, after transitioning, after receiving the first invitation, and after being refused it altogether. We'll also be sharing information, tips and support on how to make attending your screening a little bit easier.

Join the conversation on social media and use the hashtag **#LetsTalkScreening**

Telephone: 0121 734 2159—0121 742 8304

Email: richmondmedical-centre@nhs.net

STAY SAFE THIS SUMMER

 **Beat the Heat** 

Stay connected

-  Look after yourself, check on others especially the elderly
-  Listen to the weather forecast and the news
-  Plan ahead to avoid the heat

Keep well

-  Drink plenty of water, avoid alcohol and caffeinated drinks
-  Dress appropriately for the weather
-  Slow down and avoid heavy activity

Find somewhere cool

-  Know how to keep your home cool
-  Go indoors or outdoors, whichever feels cooler
-  Cars get hot, avoid closed spaces

Watch out

-  Be on the lookout for signs of heat related illness
-  If you're too hot, cool your skin with water, slow down and rehydrate
-  Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave

PHE publications gateway number: 2019071

 **Tips for coping in hot weather**

-  **Look out for those who are most at risk: the elderly, young children, babies and those with underlying health conditions - help them to keep themselves cool and hydrated.**
-  **Stay cool indoors - Learn how to keep your home cool, see gov.uk.**
-  **Close curtains in rooms that face the sun to keep indoor spaces cooler. Remember, it may be cooler outdoors than indoors.**
-  **If going outdoors, use cool spaces considerably.**
-  **Drink plenty of fluids and avoid excess alcohol. If you are leaving the house, take a bottle of water.**
-  **Never leave anyone or any animal in a closed, parked vehicle.**
-  **Try to keep out of the sun during the hottest part of the day - 11 in the morning to 3 in the afternoon.**
-  **Walk in the shade, apply sunscreen regularly, wear a wide-brimmed hat and light, loose-fitting clothing if you go out in the heat.**
-  **Avoid exercising during the hottest parts of the day. Try and exercise before 11am or after 3pm if you can.**
-  **If you are going into open water (rivers, lakes and the sea) to cool down, take care and follow local safety advice.**

Information from nhs.uk

FLU CLINICS 2023

We will be advertising these in the next couple of months via text message/letters and advertising via our social media platforms. We are expecting delivery from week commencing 18th September. You will be able to pre-book appointments.

