



Summer Newsletter

Summer 2018

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Test Results Line:

Open between 11am-12pm
Monday – Friday

Prescription re-order line

Open between 12pm–2pm
Monday – Friday

24 hour automated appointment phone line

To book and cancel appointments, any time of the day or night

Message from Helen Harris, Practice Manager

As we move into the summer holiday period don't forget if you are travelling abroad and need advice on whether you require travel vaccinations, book an appointment with one of our travel nurses. Try to book at least 6 weeks before you travel to ensure there is enough time to receive any vaccinations that may be required.

We are pleased to confirm that our Early Home visiting trial was a success and the scheme will continue to operate in the Chew Valley. Evidence suggests that if we provide a home visit to those patients who need it before midday, we can refer patients to hospital earlier if necessary and ensure a better outcome for patients who are likely to be seen earlier in the day & return home, if at all possible. This outcome will also provide a cost saving to the NHS.

General Data Protection Regulation 2018

On 25th May 2018 the General Data Protection Regulation (GDPR) came into force in the UK. GDPR builds on the current Data Protection Act 1998 (DPA) and will strengthen the legislation, giving individuals more rights and protections. A full copy is on our noticeboard in the practice or alternatively can be found on our website (item 12, further information on the home page).

Measles Outbreak

Public Health England recently reported that measles is now widespread in Bristol following a rise in the number of reported cases.

Young people and adults aged 15 and over who missed out on the MMR vaccine when they were younger have been particularly affected. The virus can spread very quickly when lots of young people are living in close contact. Measles and mumps outbreaks are common and the disease can be very serious.

If you are unsure if you are fully vaccinated, please speak to Reception.

Hay Fever

Hay fever has been particularly bad this year due to the exceptionally high pollen count, caused by the cold weather which lasted into March.

A patient advice leaflet is available giving advice to sufferers on treatments to purchase and how to avoid triggers.

Leaflets are available from Reception.



The NHS celebrates its 70th birthday on the 5th July and is acknowledged as one of the general public's most treasured institutions. The first contact that most patients have with the NHS is in Primary Care and this provides the front door of the health service.

Then and now: a brief history of general practice and pharmacy video is available to view using the following link:

<https://youtu.be/nXe190KqSsA>

Be Sun Safe this Summer

The June issue of the Chew Valley Gazette included an article about staying safe in the sun 'Be sun safe this summer'. Seven thousand people are diagnosed with melanoma skin cancer each year. One of the most important causes of melanoma skin cancer is exposure to too much ultraviolet light in sunlight. The use of artificial sources of ultraviolet light, such as sunbeds, also increases risk. Don't rely on sunscreen alone to protect yourself from the sun.

- Spend time in the shade when the sun is at its hottest between 11am and 3pm.
- Make sure you never burn
- Cover up with suitable clothing and sunglasses
- Use at least factor 15 sunscreen and at least 4 star UVA protection.

The full article can also be found on our website.

New Receptionist



Tracey West joined the Reception team on Monday 2nd July and we are very pleased to welcome her to the team. All new reception team members wear a 'trainee receptionist' badge in the first few weeks of joining us as they may take a little longer to assist you. We would like to thank you for your patience and understanding during this time.

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