

Please make sure you update your contact details.



Every month on average almost 80 doctors appointments are missed! Please make sure if you don't need an appointment, you cancel it!



We are holding a fundraising event in September so keep your eyes peeled for more information!  
**EVERYONE IS WELCOME!**

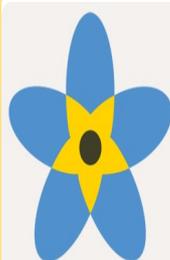
### FLU SEASON REMINDER

It is nearly flu time again!

Our **flu clinics** will start in October and vaccines are due to arrive on time. There won't be any letters sent out this year. We will have a display in the reception to remind you nearer the time.

There will be a **flu nasal spray available for children**, shingles vaccinations and pneumococcal vaccines if you are eligible.

More information will be available soon.



Help create more dementia-friendly communities and join

## Dementia Friends

An Alzheimer's Society initiative

Dementia Friends is about giving more people an understanding of dementia and the small things that could make a difference to people living in their community.

It makes such a huge difference to people with dementia if those around them know what dementia is and how it might affect them.

For more info visit [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

**Did you know** you can book an appointment with a doctor online?! For more info please ask one of the receptionists and we can give you the relevant information to do so.



The practice is **closed every Wednesday from 12:15 until 1:30pm** for training purposes. Please call the usual number in the event of an emergency.

Please be aware that **there is a charge** for non general medical services such as private medicals, letters and passports etc. Please ask at the surgery for more details.

If you have been recently **discharged from being in hospital** our Care Navigator Joanne will be giving you a quick call to see how you are, so if you have any problems at all please do not hesitate to share them with her.

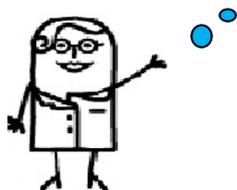
Please remember that prescriptions take 2 working days to process

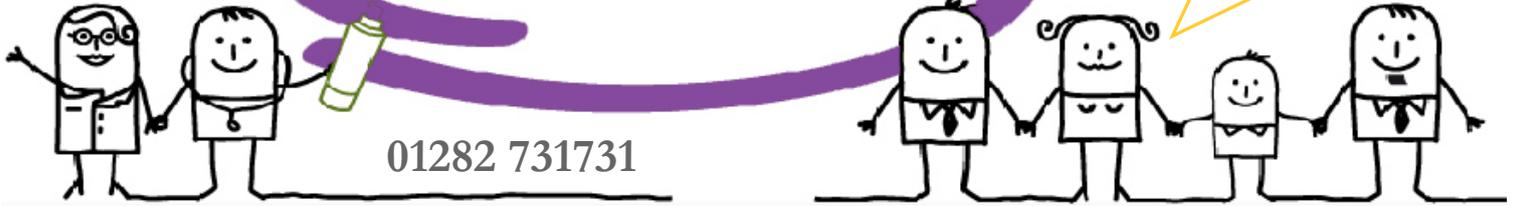
### For your information....

Did you know that you can sign up to a local pharmacy to collect your repeat prescription? All you need to do is contact the pharmacy of your choice and sign a form.

All **hospital prescriptions must be collected from the hospital pharmacy** as certain medications are not available from your GP or local pharmacy.

If you are 45 years of age or over you are entitled to a **free health check**. Please enquire at reception.

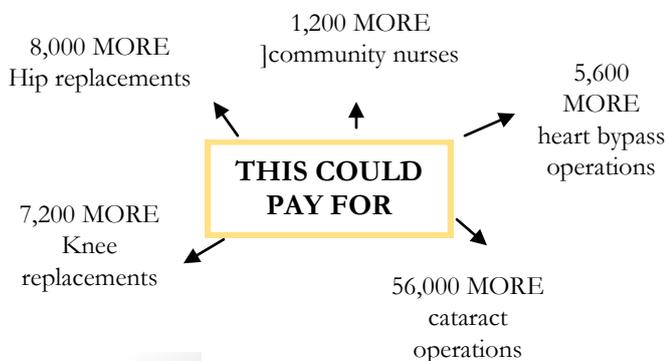




Welcome to the Richmond Hill Practice newsletter which will be available every 3 months. It will help you keep up to date on news and events which may affect you as a patient.

### **THERE IS NO SUCH THING AS A FREE PRESCRIPTION.**

Unused prescription medicines cost the NHS across the North West over £40 million a year so when ordering your repeat prescription only order what you need.



**UNUSED MEDICINE  
CANNOT BE RECYCLED**

### **\* GREAT NEWS \***

**WE HAVE LISTENED TO YOU AND THEREFORE WE ARE CHANGING THE APPOINTMENT SYSTEM AT THE END OF SEPTEMBER. KEEP AN EYE OUT IN THE SURGERY AND ON OUR WEBSITE FOR MORE INFORMATION....**

### **BE SAFE AROUND WATER**

Water fascinates children and it is great fun and great exercise but anyone can easily drown. Even the best supervisors and carers can get easily distracted and all it takes to drown is 3 minutes face down in the water.

In 2012, 18 children under the age of 15 drowned in the UK. This included four at the beach or coast, and five in the bath. Among the 16-19 age group, 24 people drowned, at sites including beaches, rivers, canals and lakes. Seven of these happened while swimming, and three from jumping or diving into water.

**Safety check list** - if you and your family are visiting an area where there is water:

- Go for a walk around the pool, beach, lake or river, looking for any hazards (such as rocks) and where the emergency equipment is.
- Ask if there is a lifeguard on duty – remember, a pool attendant isn't the same as a lifeguard and might not have the same qualifications
- Read the water safety information signs at the beach, and ask a lifeguard or tourist information officer where the safest area is to swim.
- Ask if there are any dangerous currents or tides.
- Consider taking a short (one or two-hour) course in first aid and the key things to know in an emergency.

Please visit [www.nhs.uk](http://www.nhs.uk) for more information

### **TAKE CARE IN THE SUN.**

**It's important to protect you and your children's skin in the sun to avoid sunburn and heat exhaustion.**

Use sunscreen with a sun protection factor (SPF) of at least 15. The higher the SPF, the better. Go for broad-spectrum sunscreens, which protect against harmful UVA and UVB rays. Make sure the product is not past its expiry date. Most sunscreens have a shelf life of two to three years.

Don't spend any longer in the sun than you would without using sunscreen. Sunscreen should not be used as an excuse to stay out in the sun. Instead, it offers protection when exposure is unavoidable. The summer sun is most damaging to your skin in the middle of the day. Spend time in the shade between 11am and 3pm, under umbrellas, trees, canopies or indoors.

