

MARK STREET SURGERY

NEWSLETTER—JULY 2018

STAFF NEWS



We would like to welcome to the Practice, Tracy Dempsey who is the new Practice Manager.

ONLINE SERVICES

Are you registered to use our Online Services? You can now book and cancel appointments online and order prescriptions. If you are not registered please speak to one of our receptionists who will be happy to help you do this.

Tips for staying well during the Summer

Spend time in the shade between 11am and 3pm.
Make sure you never burn—use at least factor 15 sunscreen.
Cover up with loose, cool clothing, a hat and sunglasses.
Take extra care with children.
Have cool baths or showers, and splash yourself with cool water.
Drink cold drinks regularly, such as water and diluted fruit juice.
Avoid excess alcohol, caffeine (tea, coffee and cola) or drinks high in sugar.
Plan ahead to make sure you have enough supplies, such as food, water and any medications you need.
Shut windows and pull down the shades when it is hotter outside.
You can open the windows for ventilation when it is cooler.

PATIENT PARTICIPATION GROUP

The Group meet every 3 months to discuss future plans for the surgery and get patient's input. We are always seeking new members, **if you have time to spare and would like to join our Patient Participation Group please register an interest at reception.**

