**[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwi64dCEw8fgAhUQx4UKHa8tCoUQjRx6BAgBEAU&url=https://freedesignfile.com/429802-easter-egg-with-white-background-vector-01/&psig=AOvVaw2RYJX7HDEbVVRJxpoBx5PC&ust=1550656301192133)Claremont Bank Surgery**

**Newsletter April 2019**

**Autism Awareness**

April is World Autism Awareness Month with 2nd of April being World Autism Awareness Day.

A lack of autism awareness can lead to misunderstandings about the reasons that a person with autism may behave a certain way.  This can sometimes increase anxiety and depression in people with autism.

There are around 700,000 people on the autism spectrum in the UK.

At least one in three autistic adults are experiencing severe mental health difficulties due to a lack of support

**Quarry Park Run**

We are now a park run practice! On the 13th of April we will be participating in the quarry park run. The park run takes place every Saturday at 9:00am. The park run is a great place to be active and improve your health while making friends.

If you would like to know any information on the park run do not hesitate to ask at reception.

Join us and be a part of the community. Sign up today!

### ****Book Your Appointments Online****

You can now book appointments online with your GP. All of the partners at the surgery have appointments reserved specifically for online booking. You can book up two appointments at any one time using the online system. You can also cancel the appointment if it is no longer suitable. This service is available 24 hours a day. You can book appointments for up to two weeks ahead.

### ****Order Your Repeat Prescriptions Online****

You can also order your repeat prescriptions online. Once you have done this a notification is passed on to the member of staff at the surgery who is on prescriptions and they can then act on it. Please note this service is only for repeat prescriptions. Currently 16% of our patients order their prescriptions online.

### ****Access to Part of Your Medical Record****

Patients aged over 18 are now able to view part of their medical record online. You are also able to view your results.

### ****Proof of Identification****

We require all patients aged over 18 to provide photo ID for proof of identification (license or passport preferably) and proof of address.

Please read the leaflet before downloading and completing the form - you need to bring the form to the surgery yourself as we need to personally check your ID then whilst waiting a few minutes we can provide the online registration form.

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**Sun Protection**

The sun gets stronger now spring is here…

Skin cancer is the most common cancer in the UK, having too much sun light can also affect your eyes.

After you have sun burn, the skin starts to peel to remove any dead skin cells; however the damage may already be done.

Below is a list of the best ways to protect you from the sun:

* Apply sunscreen at least 30 minutes before going outside, so your skin has time to absorb it and reapply often.
* Avoid tanning beds as the ultraviolet light can cause skin cancer and wrinkling.
* Protect children by applying sunscreen often with an SPF of at least 15, have them play in the shade and wear protective clothing.

Babies under the age of 6 months should never be in direct sunlight and should always wear a hat and clothing that’s protects them.

**Prescription Request**

At Claremont Bank Surgery we do not take repeat prescription requests over the phone. This is due the congestion of the phone lines, preventing other patients being able to get through to the surgery.

Instead use the Prescription Ordering Direct (POD)

To order your repeat prescription call 03333583509 (local rate) Monday - Friday between 8 am and 5 pm (closed bank holidays)

Alternatively you can bring the prescription to the surgery. Please use the prescription box facility in the porch it will save you waiting at the desk. If the prescription is ordered before 11am it will be ready after 2pm the same day. If ordered after 11 am the prescription will be ready after 2 pm the following day.

**Bank Holidays**

Please keep in mind that the surgery will be closed on Friday the 19th and Monday the 22nd of April due to the bank holiday.

**When we are closed…**

If you require medical assistance which cannot wait until the surgery reopens, please telephone **NHS 111**.

NHS 111 has been introduced to make it easier for you to access local NHS healthcare services in England. You can call 111 when you need medical help fast but it’s not a 999 emergency. NHS 111 is a fast and easy way to get the right help, whatever the time.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones

They may give advice, arrange an appointment at the Out of Hours base or decide upon a home visit.