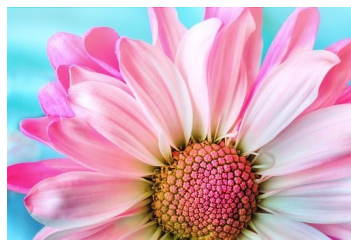


SWAN LANE MEDICAL CENTRE

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PRACTICE NEWS LETTER

Dear Patients

Summer is finally here
Here's our Newsletter
for Summer 2023

Staff News-

We have welcomed 2 new receptionist Munaza and Katie.
We have a new pharmacy technician called Debbie.



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DNA FIGURES

In the months of June and July the
-
Number of patients DNA= 705
This equates to approximately 254 hours wasted clinical time.

Is this why you are unable to get an appointment?

Please give us as much notice as you can if you are unable to make your appointment so that we can offer it to other patients.

Tel:01204 661600





Surgery Opening Times

Monday
8 am to 6.30 pm

Tuesday
8 am to 6.30 pm

Wednesday
8 am to 6.30 pm

Thursday
8 am to 6.30 pm

Friday
8 am to 6.30 pm

Saturday
8 am to 12.15 pm

All of our clinics are run on an appointment system only.



Prostate Cancer Awareness

The service is for men, or people with a prostate, who fit the following criteria:

black and over age 45

if you have a family history of prostate, breast or ovarian cancer and are over 45. This means your father or brother has had prostate cancer when they were under the age of 55 or your mother or sister has had breast or ovarian cancer when they were under the age of 50.

HOW DO I VISIT THE VAN?

The van is touring in a number of locations throughout Greater Manchester. Please check this webpage where locations will be updated regularly.

The GP practice will contact all eligible patients in due course.



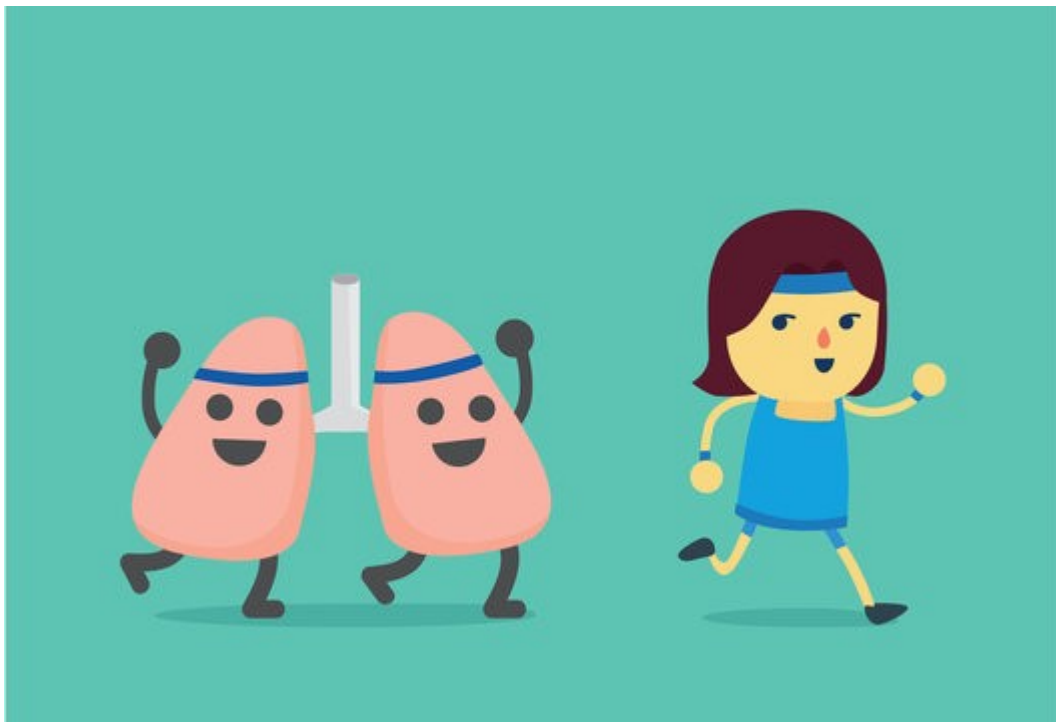
Pulmonary Rehabilitation programme

If you have long term lung problem speak to you GP to find out more about the pulmonary rehabilitation programme.

This will be a 6 weeks exercise programme and educational programme consisting of 2 classes per week.

This service has been designed to show you how to exercise safely regardless of your health condition, while being supported by a physiotherapist and other health professionals to ensure you are getting the best out of this programme.

Participants who have completed the pulmonary rehabilitation course often find they are able to be more independent with their activities of daily living, can control their breathlessness and anxiety with greater ease and are able to manage their condition with more confidence.



Travel Vaccinations

As the country begins to open up more and that air travel can now be booked, you may be deciding to book a little holiday or visit relatives abroad. Have you thought about if you need travel vaccinations?

Depending on the area that you are travelling to, travel vaccines need to be given anything up to six weeks before you travel. The reason for this being that you may need two doses of the same vaccine before travelling, with at least four weeks in between giving them. If you are unable to provide six weeks notice then you may be travelling abroad not fully protected.

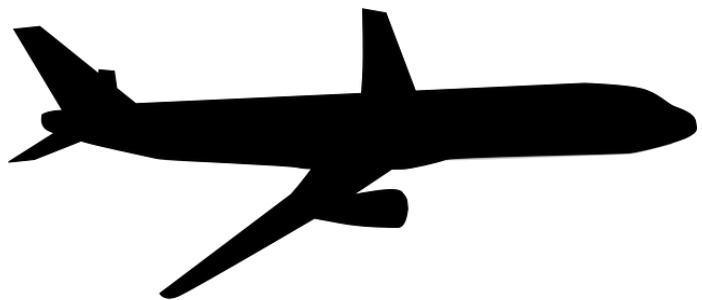
If you require an appointment for travel vaccines you need to contact us at least two weeks before you want the appointment as the Nurses are often fully booked. So in total it is preferable to contact us 8 weeks before travelling.

Appointments for travel vaccinations need to be made with the Practice Nurses not a Doctor. Some travel vaccinations are not available on the NHS and in these cases you may be charged. This will be a telephone call first where the nurse will discuss what is needed and then she will arrange an appointment for you to come in and have the vaccines.

When booking your travel arrangements please bear this in mind. You wouldn't book travel abroad without ensuring you had enough time to apply for a passport or visa, travel vaccinations are equally important.

Please remember:

- Appointments for travel vaccinations need to be made with the Practice Nurses not a Doctor.
- Not all travel vaccinations are available on the NHS and in these cases you may be charged.
- When booking your travel arrangements please bear this in mind. You wouldn't book travel abroad without ensuring you had enough time to apply for a passport or visa, travel vaccinations are equally important.



Hayfever

Hay fever is an allergic reaction to pollen, typically when it comes into contact with your mouth, nose, eyes and throat. Pollen is a fine powder from plants. Hay fever is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest.

The different types of pollen

- **Tree pollen** is a common hay fever trigger. It's the first pollen to be released during hay fever season, and levels are typically highest from late March to mid-May.
- Around 95% of people's hay fever is triggered by **grass pollen**, which tends to be highest between mid-May and July. In fact, there's strong evidence that when grass pollen levels are high, people with asthma are more likely to need hospital treatment.

Hay fever can also be triggered by **weed pollen**, which is highest from the end of June until September.

How to avoid triggers of hayfever

Keep house and car windows closed, especially when the pollen count is high (early mornings and evenings). Avoid large grassy areas, woodland, cutting the grass, pollutants and car fumes. When you get from outside wash your hands, face, hair and change your clothes. Don't dry washing outside to avoid pollen sticking to your clothes.

How to treat Hayfever

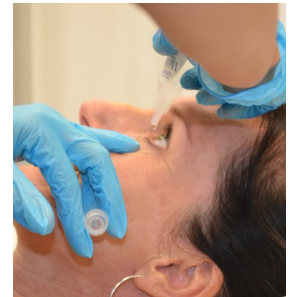
The treatment you need will depend on your symptoms. You can speak to a Pharmacist if you are unsure what treatment may be best or you. Examples of treatments include Antihistamine tablets, nasal sprays and eye drops.

These treatments are available at your local supermarkets as well as your local Pharmacy.

How did hay fever get its name?

In fact, the term "**hay fever**" takes **its name** from a popular idea in the 19th century that the smell of **hay** in the summer irritated the body. ...

The main **hay fever** culprit – pollen – wasn't identified until more than 30 years later, by the Manchester physician Charles H Blackley.



OTHER FACTS:-

If parents suffer from allergies in general, their children are more likely to suffer from hay fever and other allergies.

In the UK, grass pollen is the hardest hitting type, with 95% of hay fever sufferers having allergic reactions to grass pollen.

Weather forecasts often include a pollen count in their morning broadcast during peak season, and it is always available somewhere online



OUR STAFF

Management::

Tracy (Practice Manager)
Anne (Assistant Practice Manager)
Carol (Reception Supervisor)

Receptionists:

Fatima
Nasima
Catherine
Tristan
Katie
Naz

Saturday Receptionist

Mmesoma
Rumaisa

Admin Team:

Sharon (Patient Care Plan Manager)
Abi (Medical Secretary)
Felicity (Medical Secretary)
Yumna (Medical Secretary)
Lesley

Nursing Team:

Raeesa (Practice Nurse)
Alison (Assistant Practitioner)
Sandip (Health Care Assistant)
Anna (practice nurse)
Gemma (Practice Nurse)

Safe in the Summer sun

What beautiful weather we have had in the UK so far this summer! give or take a few days

Most of us want to take full advantage of being outdoors when the sun is shining but it's important to remember to look after our skin and stay safe in the sun!

Remember it's not just sunbathing that puts you at risk, but being in the sun without adequate protection. If you regularly take part in outdoor hobbies or sports, or work outdoors you could be at greater risk! Here are some sun safety tips for you to follow to protect your skin and never burn!

It's easy to protect yourself from UV exposure...

- Long-sleeved shirts, pants, and a wide-brimmed hat offer the best protection. If you're wearing a baseball cap or short-sleeved shirt, make sure to put sunscreen on your ears, neck, and arms.
- Use a sunscreen of at least SPF 15 on any exposed skin, and don't forget to re-apply it every two hours, as well as after swimming, sweating, or toweling off.
- Seek shade as much as possible between 10 a.m. and 4 p.m., which are peak times for sunlight. Avoid indoor tanning.
- If you work outdoors, ask about sun protection at your job, like wearing sun-protective clothing.

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects.

AIM TO STRIKE A BALANCE BETWEEN PROTECTING YOURSELF FROM THE SUN AND GETTING ENOUGH VITAMIN D FROM SUNLIGHT.



Right Service for you

A&E is extremely busy and is currently in high demand.

The A&E department deals with life-threatening emergencies such as:

- Severe chest pains
- Difficulty breathing
- Bleeding you can't stop
- Possible broken bones
- Loss of consciousness
- Stroke symptoms
- Severe tummy pain or headache
- A child who is very unwell

Choosing the most appropriate place for care allows our ambulance and emergency department staff to concentrate on people whose lives are at risk, and can potentially save you a long wait.

A&E is not an alternative to a GP appointment.

If your GP is closed you can go to 111.nhs.uk or call 111, which will direct you to the best local service.

Useful Contact Numbers

Appointments at RBH—
390400

Treatment Room for
minor injuries- 462626

Community Podiatry—
462626

Pregnancy, Self refer to
midwives—390023

Mental Health
problems—483100

School aged Children—
contact your school and
ask for your School
Nurse's number

NHS 111

Bowel Screening—
0800 707 6060

Patient Services at
RBH—390812



ONLINE CONSULTATIONS

Online consultations

Online consultations is up and running on our surgery website

Online consultations is a facility where you can fill in an form online about a health issue. You can use your smartphone, tablet or computer to have an online consultation.

Once you have answered the questions in the online form you will then receive an acknowledgement and that your request has been sent to the surgery. The surgery will then action your request and you will hear from a member of the team within **48 hours** with what will happen next ie. phone or video consultation, or maybe contact from a Nurse or confirmation that your prescription is ready or has been forwarded to the chosen Pharmacy

See our practice website for more details

<https://www.swanlanemedicalcentre.nhs.uk/>

