

# Raleigh Surgery Newsletter



## Summer 2018

Diary Dates:

Please note the Practice will be closed on Monday 27<sup>th</sup> August. ( If you have an urgent medical need please ring 111 or 999 in the case of an emergency).

Next Friends of the Surgery Coffee morning Monday 11<sup>th</sup> June 10:00am-12:00pm



The summer has finally arrived. Please be aware that you need to protect you and your children's skin from the sun in order to avoid sun burn and heat exhaustion. The NHS advises that sun factor 15+ should be applied generously before going into the sun. It is also sensible to stay in the shade between 11am and 3pm when the sun is strongest. Also check that the sun screen you use is in date.

Friends of Raleigh Surgery are next hosting a coffee morning between 10.00am and 12:00 on Monday 11<sup>th</sup> June in the Community Room. Please feel free to join them for a chat over a coffee or tea and a slice of cake.

This enthusiastic group of people have been fantastic over the last year with their help we have raised enough money to purchase an all singing all dancing Doppler machine which takes all pulses in 10 minutes opposed to 40 !



If you are fortunate enough to be going on holiday to exotic places please make sure that you received advice about travel vaccinations approximately 8 weeks before you travel. In order to do this please ask at reception for a travel questionnaire, fill it in and return it to reception. One of the nurses will then look at where you are travelling and decide which vaccinations you will need to have. She will then contact you and make an appointment for you to come into the surgery for a travel clinic.

If you do not receive advice through your surgery about travel vaccinations there is a private Travel Clinic in Exeter where you can receive travel vaccinations - Exeter Travel Clinic 01392

430590 and if you leave getting the advice very late there is also an option of getting the vaccinations done at the airport.



73 appointments were not attended in the month of May which equates to over 12 hours. If you cannot make your appointment for any reason please let us know as we are always short of appointments but always try to provide you with appointments in a timely manner.



### Repeat Prescriptions

Please remember to allow 48 hours' notice if needing a repeat prescription- this does not include weekends and Bank Holidays. So ensure that your prescription is handed in in plenty of time. You can now also order your repeat prescriptions on-line through our website at [www.raleighsurgery.co.uk](http://www.raleighsurgery.co.uk) - in order to do this you must get an on-line password for Systmone - ask at the reception desk for details.



Shingles vaccines are now available to 70-76 year olds born after 1<sup>st</sup> September 1942 and This is a once in a life time vaccine. We are also doing catch up MMR vaccinations within the Tots protection project and ACWY catch up for teenagers and those up to the age of 25.



In August, David Cook ,our GP trainee will be joining us. He is a fully qualified Dr and will be doing 6 months with us as part of his GP training.

Thank you for reading and have a good summer.

From the Team at Raleigh Surgery.