

## AND FINALLY

One lady member of our Patient Reference Group is very keen to spread the message that prevention is better than a cure. Here is another one of her tips:

### **'Keeping healthy in the summer sun'**

By all means enjoy the sun, but there are 4 things to remember

#### **☀️ Avoid the sun as much as possible when it is strong**

Stay in the shade or indoors as much as possible between 11am and 3pm

#### **☀️ Cover up**

Cover up the body as much as possible when you are out in the sunshine and wear a wide-brimmed hat and sunglasses

#### **☀️ Use high-factor sunscreen liberally**

You should apply sunscreen of at least sun protection factor (SPF) 15 (SPF 30 for children or people with pale skin)

#### **☀️ And don't forget to drink plenty of water.....**



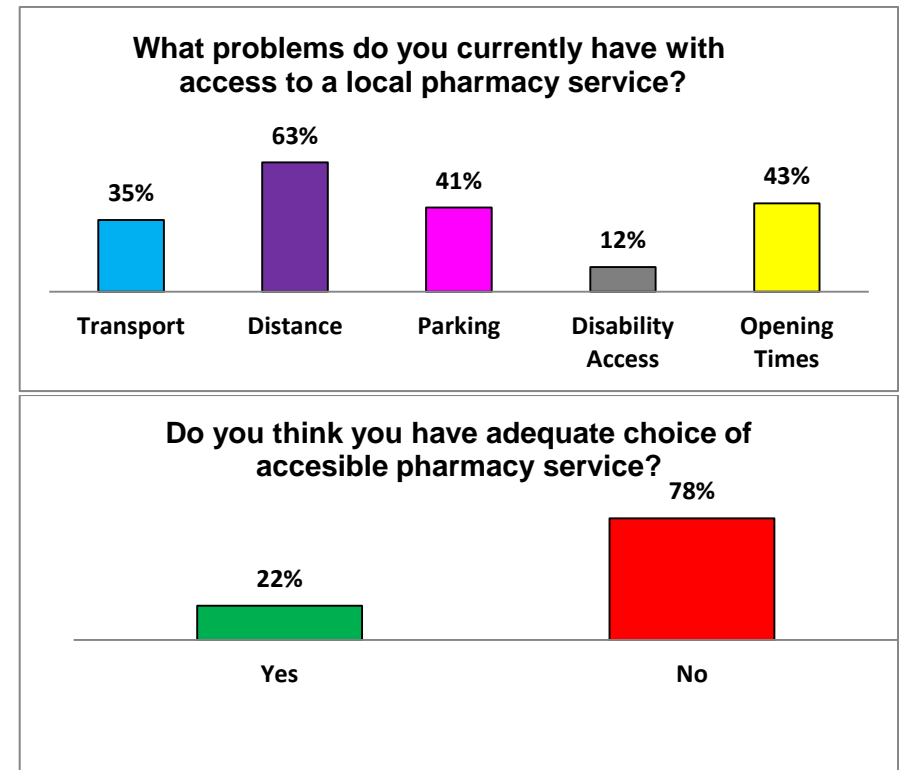
## *Summer 2013 Newsletter*

Visit our website at [www.oakfieldshealthcentre.co.uk](http://www.oakfieldshealthcentre.co.uk)

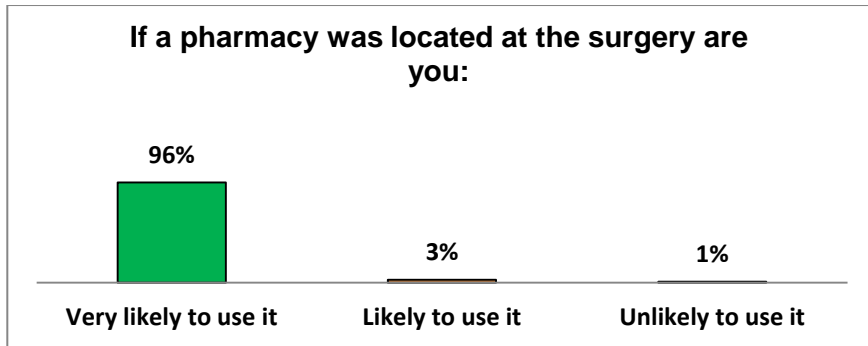
### PHARMACY CAMPAIGN

Thank you to everyone who has taken the time to fill in the pharmacy survey forms

**We have had 193 Responses to date.....**



**Summer 2013**



**“Please have your say and support our pharmacy petition.....”**

You can now complete the survey online via our website

[www.oakfieldshhealthcentre.co.uk](http://www.oakfieldshhealthcentre.co.uk)

### DISPENSARY NEWS

North Durham Clinical Commissioning Group (NDCCG) have launched a campaign to draw attention to the issue of wasted medicines and we are asking for your support in helping to make it a success

The campaign highlights key messages such as ‘**Wasted medicines waste money**’ and will encourage you to ‘**Check before you order your medications**’ and ‘**Only order what you need**’

#### **How can you help?**

- Let your GP, Nurse Practitioner or Dispenser know if you have stopped taking any medicines
- Check what medicines you still have at home before re-ordering
- Discuss your medication with your GP, Nurse Practitioner or Dispenser on a regular basis

- If you do not need the medicine – don’t order it!
- If you need to go into hospital take all your medicines with you

**Thank you for your support.....**

### THE WAY YOU BOOK PATIENT TRANSPORT HAS CHANGED

You will no longer be able to book patient transport at the surgery

You can now contact a dedicated **Travel Response Centre** to book your appointment

You can contact the service on 0300 026 0575

You can also make a booking in person at the **Customer Access Point at County Hall, Durham, DH1 5UQ**

Both the phone line and Customer access point are open from 9am to 5pm, Monday to Friday (excluding Bank Holidays)

If you are not eligible for transport, the Travel Response Centre will be able to advise you on alternative transport services

