

## Health tip

And finally here is a health tip from an ever optimistic lady member of our patient reference group, about the importance of keeping hydrated during hot weather.....

As we all know, summer is a lovely time of the year, but we must not forget that we need to increase our intake of fluids to prevent dehydration, (by the way, when we say extra fluids, that is not the alcoholic kind!) Whether it's mowing the lawn, working in the garden or washing the car, we spend a lot of time outdoors in the summer months. When you're outside in the heat, it's important to drink plenty of fluids to prevent dehydration. We need fluids to keep our bodies properly cooled. Without ample water, you can experience muscle cramping, heat exhaustion, or heat stroke.

**How do you know how much fluid you need?** Children need from 4 to 11 beverages, including water a day. Adults need from 9 to 13 beverages, including water a day. The amount depends on your age, gender, level of physical activity, altitude and climate. During hot weather, you will need more, but don't go by thirst alone. To prevent dehydration it's important to drink plenty of water and other fluids throughout the day, even before going outdoors. One way to tell if you are drinking enough fluids is to check the colour of your urine. Your urine should be light yellow in colour. If it is a dark colour, you need to drink more.

**Will fluids other than water work?** Juice, tea, sports drinks and soft drinks are mostly water. However, you are often consuming calories unnecessarily without nutritional benefits, so make water your number one beverage of choice and eat rather than drink your calories. Salads as well as being refreshing are good for you and will help prevent unwanted weight gain. A slice of melon is also nutritious and thirst quenching.



**Enjoy the summer months but take breaks and drink plenty of water**

Summer 2014



## Summer 2014 Newsletter

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

### What's New at Oakfields Health Centre

#### A new way to get your medicines and appliances from Tuesday 10<sup>th</sup> June



**The Electronic Prescription Service (EPS) is an NHS service. It gives you the chance to change how Oakfields Health Centre sends your prescription to the place you choose to get your medicines or appliances from.**

**Please note that if you are currently eligible for dispensing services at Oakfields Health Centre this arrangement will not change.**

#### What does this mean for you?

- If you collect your repeat prescriptions from Oakfields you will not have to visit the practice to pick up your paper prescription. Instead, the practice will send it electronically to the place you choose, saving you time.
- You will have more choice about where to get your medicines from because they can be collected from a pharmacy near to where you live, work or shop.
- You may not have to wait as long at the pharmacy as there will be time for your repeat prescriptions to be ready before you arrive.

#### Is this service right for you?

Yes, if you have a stable condition and you:

- don't want to come to Oakfields every time to collect your repeat prescription.
- collect your medicines from the same place most of the time or use a prescription collection service now.

It may not be if you:

- don't get prescriptions very often.
- pick up your medicines from different places.

### How can you use EPS?

If you are currently eligible for dispensing services at Oakfields Health Centre this arrangement will not change.

If not, you need to choose a place for the practice to electronically send your prescription to. This is called *nomination*. You can choose:

- a pharmacy.
- a dispensing appliance contractor if you use one (ie for stoma bags)

Ask any pharmacy or dispensing appliance contractor that offers EPS or the practice to add your nomination for you. You don't need a computer to do this.

### Can I change my nomination or cancel it and get a paper prescription?

Yes you can. If you don't want your prescription to be sent electronically tell the practice. If you want to change or cancel your nomination speak to any pharmacist or dispensing appliance contractor that offers EPS, or the practice. Tell them before your next prescription is due or your prescription may be sent to the wrong place.

For more information visit [www.hscic.gov.uk/epspatients](http://www.hscic.gov.uk/epspatients), your pharmacy or Oakfields Health Centre.

### Weekend Opening

Oakfields Health Centre will continue to open on a weekend to give extra support to our patients on Sunday mornings from 8am – 1pm, June to end of September 2014.

Patients will be offered or can request Sunday appointments during normal weekday hours.

**Or**

You can make an appointment by visiting the practice during the above weekend opening times.

- **You will not be able to ring the practice on a Sunday morning**
- **The doctor will not be available for home visits**
- **If you cannot come to the surgery please call 111 for medical assistance**
- **In a Medical Emergency for life threatening conditions ring 999**

### Late Surgery

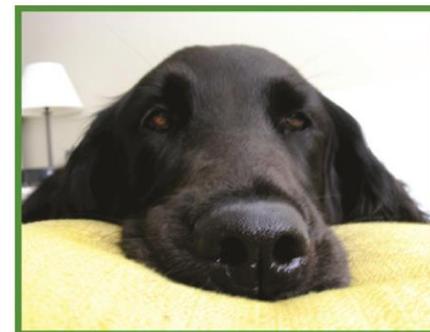
From the 1<sup>st</sup> July 2014 our late surgery will run concurrently with Dipton Surgery, on Wednesdays from 6.30 – 8.15pm, at Oakfields Health Centre. This will enhance service provision and access for both practices, with either GP or Healthcare Assistant appointments available during this time.

### Wait times

## Oakfields Health Centre

### Are you waiting too long for your appointment ?

Together we can improve this one blip on our service



### *What are we going to do?*

- Operate a more informed reception service
- Operate a more flexible and timely appointment system
- Provide extended hours including Sunday morning opening during summer months
- Offer an efficient telephone appointment service
- Ensure that a patient who misses their appointment does not introduce a delay to other patients

### *What can you do?*

- Don't arrive more than 10 minutes before your appointment
- Let the practice know if you are running late
- Let the practice know if you are unable to attend your appointment
- When you make your appointment let the practice know if you need to discuss more than one problem
- Consider asking to see the nurse if you think that is appropriate
- Consider requesting a telephone appointment

*Want to know more about this initiative?*

*Pick up a leaflet on reception or visit our website*

*@ [www.oakfieldshealthcentre.co.uk](http://www.oakfieldshealthcentre.co.uk)*