



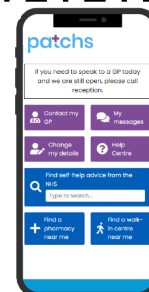
Summer Newsletter



We hope to keep all our patients up to date with information about the surgery and help them to make the right choices about their health.

patches

Our online service called PATCHS allows you to quickly and easily access GP services such as: request health advice, video consultations, fit notes, medication and more. To use PATCHS simply visit our website (www.westbournesurgery.co.uk) and follow the instructions found on our homepage. Still unsure about Patchs? visit www.patches.ai and learn more.



The NHS Community Pharmacist Consultation Service (CPCS)

(PharmRefer) offers patients same day minor illness consultations with a community pharmacist. If you contact the surgery with minor illness symptoms requesting an appointment, the care navigator/receptionist will ask you a series of questions using a standard symptom checklist. If your symptoms are appropriate, the GP practice could refer you for a same-day consultation with a community pharmacist. Using this services means you would receive clinical advice and support, and if needed, purchase over-the-counter medicine. This service is great for patients and GP's, it helps manage low acuity patients in alternative settings, freeing up GP appointments for higher acuity needs.

Examples of minor illnesses are:

- | | | |
|----------------|-------------------|---|
| •Athletes foot | •Head Lice | •Sore Throat |
| •Chick Pox | •Headache | •Strains & Sprains |
| •Cold Sores | •Heartburn | •Sweat Rash |
| •Constipation | •Indigestion | •Teething in Children |
| •Contact | •Mouth Ulcers | •Travel Sickness |
| •Dermatitis | •Nappy Rash | •Vaginal Thrush (under 60 year olds only) |
| •Diarrhoea | •Nasal Congestion | •Warts |
| •Dry Eyes | •Oral Thrush | •Verruca's |
| •Ear Wax | •Ringworm | |
| •Hay Fever | •Sleep Problems | |

**THE KIRKWOOD
SUPPORT
LIFE.**



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Thank you for helping Us Shine Bright at The Kirkwood Starlight Walk Westbourne staff members took part in The Kirkwood Starlight Walk to help raise vital funds for The Kirkwood hospice, supporting patients and families across Kirklees when they need it most.

Your support and sponsorships have been incredible, and we are so grateful and proud to announce with your help and support we raised:

£1,607 for Kirkwood Hospice



Documents and Forms

We would like all our patients to know that we require up to 30 days to complete any forms, personal letter requests, medical record requests by patients, insurance company's and solicitor's requesting on a patients behalf.

We require direct written consent from our patients for any of the above requests, which we will obtain through letter.

We will contact patients once requests have been completed and will confirm any charge if one has occurred.



<https://www.nhs.uk/every-mind-matters/>



#ITSOKAYTOTALK

For more information visit: <https://andysmanclub.co.uk>

11A St James Road, March, Huddersfield, HD1 4QR TEL: 01484 505007

www.westbournesurgery.co.uk



WESTBOURNE SURGERY NEWSLETTER

Make the right decision



999	Only in an emergency: loss of consciousness severe breathing difficulties heavy bleeding	Emergency Department
	When it's urgent but not life threatening: sprains fractures minor burns skin infection	Urgent Care Centre
	For symptoms that don't go away: ear pain back pain stomach pain	GP Surgery
	Feeling poorly and need advice about: fevers stomach upset aches & pains headaches	Pharmacy
	Need help fast and its not an emergency? Unwell? Confused? Need help?	NHS 111
	For common ailments and illnesses: hangover grazed knee sore throat cough	Self-care

CERVICAL SCREENING (SMEAR TEST) TIPS

- You can bring a friend
- You can listen to music
- It only takes a few minutes
- You can ask for a smaller speculum
- You don't have to be beach ready
- It could save your life

#WE ARE ALL SMEAR READY



Tips for coping in hot weather

Keep out of the heat if you can. If you have to go outside, stay in the shade especially between 11am and 3pm, wear sunscreen, a hat and light clothes, and avoid exercise or activity that makes you hotter.

Cool yourself down. Have cold food and regular cold drinks. Drink extra fluids but avoid alcohol, caffeine and hot drinks, and have a cool shower or put cool water on your skin or clothes.

Keep your living space cool. Close windows, curtains and blinds during the day and open them at night when the temperature outside has gone down. Electric fans can help if the temperature is below 35 degrees.

Check the temperature of rooms, especially where people at higher risk live and sleep, and make sure to check on anyone who is at higher risk from the heat.

For more information, visit [GOV.UK: Heat](https://www.gov.uk/heat)

Travel Vaccinations

Travel vaccinations are available from the surgery for straightforward trips where the patient is visiting only one country and travelling to one area. Not all vaccinations are free and depending on what is needed, there may be a cost involved to the patient. This will be discussed when a request for travel vaccination is made.

Complicated travel will need to be reviewed by a specialist travel clinic. It is advised that travellers start making enquiries about their vaccination needs at least **8 weeks** before they travel, to ensure that they have time to receive all their vaccinations.

Please be aware if you book in for a travel vaccination appointment with the nurse and do not attend this, you will not be offered a second appointment, you will be required to go to a travel clinic.

You can look for online assistance at www.nathnac.org. Full details of the destination(s) you are travelling to will be needed in full.

NON ATTENDANCES

During April, May and June had **162** patients who did not attend their appointments.

If you cannot attend a pre-booked appointment please CANCEL in ADVANCE so we have more availability for other patients.

Our practice policy is: If any patient does not attend a pre-booked appointment 3 times within a year, they may be removed from our patient list.

Closure Dates for staff training:

21st July 2026 — close at 1pm
18th August 2026 — close at 1pm
15th September 2026 — close at 1pm

Sorry for any inconvenience caused by these closure dates.

MMRV

Measles, Mumps, Rubella and Chickenpox

What is Measles? Measles is caused by a virus that spreads very easily. Symptoms include high fever, rash, sore red eyes, cough and runny nose. Children can be off school for 10 days and 1 in 5 people with measles will be admitted to hospital.

What is mumps? Mumps is caused by a virus. Symptoms include fever, headache and painful, swollen glands in the face, neck and jaw.

What is Rubella? Rubella is caused by a virus. In children it is usually mild and can cause a rash, swollen glands and a sore throat. If pregnant women catch Rubella, it can affect their unborn baby, causing serious damage to their sight, hearing, heart and brain.

What is chickenpox? Chickenpox is a very infectious disease caused by the varicella zoster virus. It is very common in young children and causes a fever and an itchy, spotty rash. These

spots can be painful and appear all over the body. Some children have serious complications including chest infection, fits, and encephalitis. It is more severe in adults, especially pregnant women and people with weakened immune systems

The MMRV Vaccine

Your child should be immunised with their first dose of MMRV vaccine at one year of age. The second (and final) dose is given at the age of 18 months.

If your child has missed a dose of MMRV, they can have it at their 3 years 4 months appointment.

To find out more please visit:

www.gov.uk/government/publications/vaccinations-for-children-aged-18-months

You can also book an appointment with our practice nurse to discuss any questions you have regarding the MMRV vaccine.