



Surgery Newsletter



July 2024– Summer Edition

Practice Training Dates 2024

Alyn Family Doctors will be closed for staff training as part of a compulsory Welsh Government programme on the following dates from 1.00pm –5.00pm.

5th September 2024



Summer is here, even if the weather hasn't quite received the memo as of yet. Most of us welcome the warmer climate and sunshine, but it is also important to remember the various health problems summer can bring that might affect you or your family. This month's newsletter has advice to help you navigate the season.

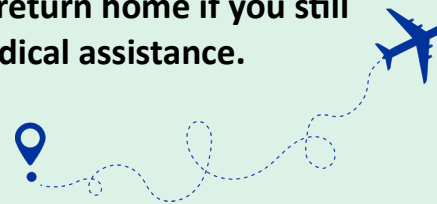
Every month we release our GP infographics which can be viewed on our social media, in our reception areas and here on our newsletter. We hope you find these infographics insightful.

In the month of May we:

- **Answered 5,576 phone calls.**
- **Issued 21,442 items via prescription**
- **3,088 patients had an appointment of which 2,952 were seen face to face**
- **Made 1,377 referrals for further care**
- **Issued 232 fit notes**
- **Received 6,678 digital requests**
- **136 patients did not attend appointments**

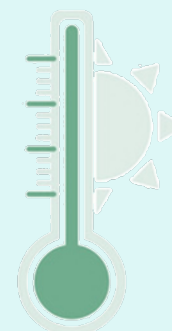


Please do not complete a Klinik form for Alyn Family Doctors if you are away from the local area. Please complete the form upon your return home if you still require medical assistance.



Heatwaves and hot weather

- Look out for older people, young children, and babies and those with underlying health conditions.
- Close curtains on rooms that face the sun to keep indoor spaces cool.
- Never leave anyone in a closed, parked vehicle, especially infants, children, or animals.
- Keep out of the sun between 11am and 3pm.
- Avoid physical exertion in the hottest parts of the day.
- Wear light, loose cotton clothes.



Keep Hydrated

Everyone is at risk of dehydration in hot temperatures. It is important to keep hydrated. Ensure you drink plenty of fluids.

- Fruits and salad are full of water and can help hydrate you.
- Sugary, alcoholic, and caffeinated drinks can make you dehydrated.



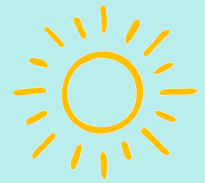
Medical care when you are away from home

If you are away on holiday or visiting family this summer and are in need of medical help

- In a medical emergency contact the emergency services (this may be a different number if you are overseas)
- Visit a local pharmacy.
- Attend a minor injuries unit or A&E department.
- Contact 111 (If you are in the UK)
- Temporarily register with a GP practice local to the area you are visiting

Sun safety

- The NHS's advises a sun protection factor (SPF) of at least 30 to protect against UVB and at least four-star UVA protection.
- Keep out of the sun from 11am to 3pm.
- If sunscreen is applied too thinly, the amount of protection it gives is reduced.
- Apply sunscreen 15 to 30 minutes before going out in the sun and reapply every 2 hours.



Bugs and bites

- Most insect bites and stings are not serious and will get better within a few hours or days.
- Creams and antihistamines to help with itching are available from a pharmacy.
- If you are concerned seek advice from your community pharmacist or call NHS111.



Self Care
Care for yourself at home

Minor cuts & grazes
Minor bruises
Minor sprains
Coughs and colds



Pharmacy
Local expert advice

Minor illnesses
Headaches
Stomach upsets
Bites & stings



NHS 111
Non-emergency help

Feeling unwell?
Unsure?
Anxious?
Need help?



GP Advice
Out of hours:
Call 111

Persistent symptoms
Chronic pain
Long term conditions
New prescriptions



UTCs
Urgent Treatment Centres

Breaks & sprains
X-rays
Cuts & grazes
Fever & rashes



A&E or 999
For emergencies only

Choking
Chest pain
Blacking out
Serious blood loss

Sunscreen



Visit nhs.uk/sun for advice on what to look for when buying and applying sunscreen.



If you have been prescribed an inhaler, carry it with you when the pollen count is high

For weekly news and updates follow us on Facebook
<https://www.facebook.com/alynfamilydoctors>



Babies and young children can become ill during very hot weather.
Visit nhs.uk/sun for tips on keeping your children happy and healthy in the heat.

Useful contact details

Alyn Family Doctors– 0333 332 3260
Wrexham Maelor hospital– 01978 291 100
Llay Pharmacy– 01978 852 294
Gresford Pharmacy– 01978 852 336
Rossett Pharmacy— 01244 510 310
District Nurse– 0300 084 9990
Midwives– 01978 757 546
Health Visitor—03000 849 980
Cheshire Health Visitor 01244 382 111
Phlebotomy– 03000 850 003

Hay fever



Visit nhs.uk for things you can do to ease your symptoms when the pollen count is high.