



# THORNTON ROAD SURGERY NEWSLETTER

AUGUST 2013 ISSUE

FOR MORE INFORMATION VISIT THE PRACTICE WEBSITE  
[WWW.THORNTONROADSURGERY.CO.UK](http://WWW.THORNTONROADSURGERY.CO.UK)

## STAYING SAFE IN THE SUN!

### Top tips

- Stay inside during the hottest time of the day: late morning to mid afternoon
- Use sunscreen factor 15 or above, applying it generously and topping up regularly
- When travelling always carry a bottle of water
- Limit activities like housework and gardening to cooler times of the day
- Wear loose, light weight, cotton clothing
- Drink lots of fluids and eat more cold foods, especially salads and fruit as these contain a lot of water

## Are you a carer in disguise at our practice??

You may be asking yourselves what is a carer and do I fall into the definition of a carer.

Well a carer is someone of any age who provides unpaid support to family or friends who can not manage without this help. This means you could be caring for a relative, partner or friend who is ill, frail, disabled, has mental health issues and much more.

The term carer should not be confused with a care worker or care assistant who receives payment for looking after someone.

As a carer it is important that you keep as healthy and as stress-free as possible.

There are many services available for carers but the

first stop should be your GP.

Let reception staff know that you are a carer so that this can be registered on our system and more can be done to help you.

For more information and support you can also visit [www.carers.org](http://www.carers.org).

**This website is designed for carers and has a lot of useful information on it.**



## Online Appointment bookings and Repeat Prescriptions

- If you have access to a computer and internet why not sign up today for online appointment bookings and repeat prescription request. This way you can avoid having to ring the surgery to get an appointment or even avoid coming in to drop of a repeat prescription by doing it all online at your leisure. For more info please ask at reception today

### Text reminders

- Are available to all patients who have an up-to-date mobile phone number on the system. A text is sent to remind you of your appointment date and time. So please up date your contact details today

### Out of hours

- **111** is the out of hours number. When the surgery is closed and you need medical advice please call 111 on your landline or mobile. It is completely free and is available 24hours a day 365 days a year.

## QUIT SMOKING TODAY



Many smokers want to quit but aren't sure how to do it.

**Book an appointment for our smoking cessation clinic today.**

## HAVE YOUR SAY

**We want your HELP!!**

If you have any comments or suggestions for our surgery or newsletter we want to hear from you

Please place comments or suggestions in the box by reception