

August Newsletter

B u r n h a m & B e r r o w M e d i c a l C e n t r e

HEATWAVE—How to cope in hot weather!

Most of us welcome the hot weather, but when it's too hot for too long, there are health risks. If we experience a heatwave this summer, here are some tips on how to keep well.

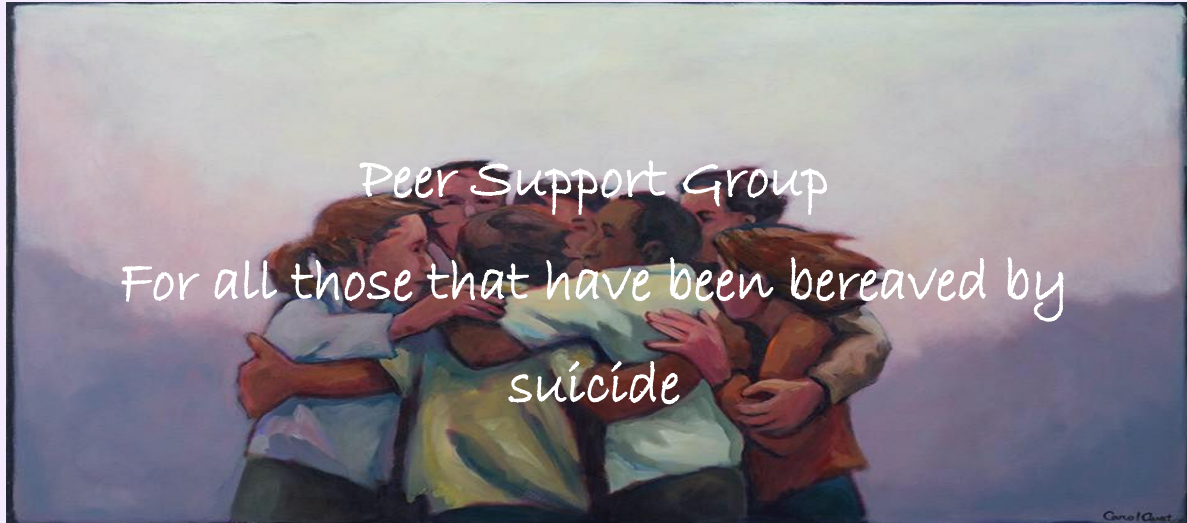
- ◆ Shut windows and pull down shades
- ◆ Stay out of the sun and do not go out between 11am & 3pm if you are vulnerable to the effects of heat
- ◆ Drink plenty of fluid and avoid excess alcohol
- ◆ Wear loose, cool clothing and a hat & sunglasses if you go outdoors

Make sure that you check on friends, relatives and neighbors who may be less able to look after themselves.

The most vulnerable people are:

- ◆ Older people, especially those over 75
- ◆ Babies and young children
- ◆ People with long term conditions, especially breathing problems
- ◆ People with mobility problems

For more information, including advice on heat exhaustion and heatstroke, visit
www.nhs.uk



Our group involves exploring emotions linked to being bereaved by suicide, in a relaxed and confidential environment. We aim to create a safe space where peers can share their experiences with one another without fear or judgement alongside an experienced facilitator.

The group is part of the Somerset Suicide Bereavement Support Service, which is available to anyone in Somerset.



The first Thursday of every month in Taunton or the third Thursday of the month in Bridgwater

7.30pm – 9.00pm

Mind Office in Taunton – 44 Station Road, TA1 1NS

Facilitated by Susan Hoyle

or

The Snug (double fronted shop on the corner) – 7 East Quay, Bridgwater, Somerset, TA6 5AZ

Facilitated by Sam Carr

We look forward to welcoming you.

Send us an email - be-reaved@mindtws.org.uk

Call us on - 01823 334906

24/7 Suicide Bereavement Helpline – 0300 330 5463

Visit our website

www.suicidebereavement.wixsite.com/somerset

Both groups have experienced facilitators but manage themselves.

Online Services

We have a number of online services that we are able to offer patients; these services are designed to make your experience with the surgery as efficient as possible.

Patient Access—This allows you to view your medical records online including your results, you can also order your repeat medication via this system. The NHS App is now also available for download so that you can view your records on your phone or tablet.

Online Appointments—This allows you to book a number of appointments online including, routine GP appointments and cervical screening. We are adding more appointments onto this service at all times.

YAC Clinic

Change of opening times

Our YAC clinic will now be open:

3.30pm—5.30pm every Thursday afternoon for any patients up to the age of 19.

Did you know?

In June 2019 we:

Issued **7496**
prescriptions

Answered
12659 incoming
calls

Booked **4726**
appointments

New Staff!

We are delighted to announce that we have a new GP who is starting with us in August 2019. Dr Nick Bisson will be a salaried GP and will be working full time with us. Dr Bisson is a newly qualified GP who has chosen to start his GP career with us here at Burnham and Berrow Medical Centre. We hope that you join us in welcoming Dr Bisson to the surgery!



During August, Simon Hughes PCP (Primary Care Practitioner) will be joining us and will be the 5th member of our existing PCP Team.



Some patients may not be aware that we are an approved training practice and have Foundation doctors working in the Practice on a regular basis. The registrars concerned are fully registered doctors who have completed their hospital training but are experiencing their early years in general practice. During August we will have Dr Jack Milner, a Foundation 2 (F2) doctor starting with us. We will also have a GP Specialty trainee 3, Dr Ugotchia Nnagi starting in August.



In March this year we also welcomed Nurse Lorna Adams. Lorna is a Diabetes Nurse who will be working closely beside Nurse Lucy to see our Diabetic patients here at the surgery.



In June we also welcomed Nurse Hannah Ayers, Hannah is a respiratory Nurse who will be working alongside our Asthma & COPD Nurses.

