

# APPLES NEWS – Patients Newsletter –

## Summer 2015



Welcome to the Summer edition of our Newsletter. In this Newsletter the S.A.F would like to invite you to their AGM on Thurs 20<sup>th</sup> Aug at 6pm in the surgery, please contact Philippa Cannings at the surgery if you wish to attend. The S.A.F is gathering up steam, they are just about to promote their fund raising ideas within the practice (please see leaflet attached to this email) Our target is yet to be decided, however we would like to raise funds for the seating in the Waiting Room.

I would like to say a big 'Thank You' to six of our S.A.F who kindly helped with the refreshments at the Health and Wellbeing event in the Digby Hall on

Wednesday 24<sup>th</sup> June, it was a very successful event.



I am taking part in the Prudential Ride London, on Sunday 2<sup>nd</sup> August, 100 miles bike ride! I am raising money for two charities, Diabetes UK and The Little Princess Trust (you may have seen the article in the Sherborne Matters) if you would like to donate to contact me at the surgery – leaflets are displayed in the



Waiting Room! Wish me luck!

Philippa Cannings, Practice Manager

### Staff News!

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Jacky Elliott, Medical Receptionist retired on Tuesday 30<sup>th</sup> June 2015 – Jacky has been with us for eleven years and has been a major figure within the surgery, we will miss her greatly, but I am sure you will join me on wishing her a Happy Retirement. We would like to welcome our new Receptionist to the Apples Medical Centre, [Laura Jones](#) she joined us from 3<sup>rd</sup> July 2015.

Melanie Brown, our Senior Practice Nurse will be leaving on Friday 31<sup>st</sup> July, Melanie has been with us for Thirteen years and will also be missed, however Melanie is going on to bigger and better things, we wish her every successful for the future. News on the Nursing Team to follow shortly.

## Midwife

### Information:

Community review of Midwifery - this is currently being reviewed, the Midwife is attending the surgery alternative Tuesday afternoons. Please see the drop in clinic information:

Drop in clinics run at Yeovil District Hospital (YDH) in the ANC (Antenatal Clinic) area as stated below.

**Monday** 10-12

**Tuesday** 2- 4pm

**Wednesday** 5.30 – 7.30 pm

**Thursday** 5.30 – 7.30 pm as of August. It currently runs at 2-4 pm

**Friday** none at YDH

**Saturday** 09.30 – 12.30 & 2-4pm

**Sunday** 09.30 – 12.30 & 2-4pm

**Any bank hol** - 09.30 – 12.30 & 2-4pm

Friday there is a drop in clinic at:  
Ashlands childrens centre in crewkerne -09.30 – 12:00  
Balsam centre in Wincanton – 1-4pm

## DNA (Did Not Attend) June

**33**

## Friends Family

### Test **June** -

On time as arranged. - Fully explained throughout the session/procedure. - Treated with respect and courtesy by all in the practice

Extremely good care always

Care here is excellent. Nurses couldn't be bettered for which I am most grateful

### SEASONAL INFORMATION: **Be Safe In The**

**Sun** - Whether on holiday or at home, you can protect yourself by following the SunSmart messages;

**S**pend time in the shade between 11am and 3pm.

**M**ake sure you never burn.

**A**im to cover up with a T-shirt, hat and sunglasses.

**R**emember to take extra care with children.

**T**hen use factor 15+ sunscreen.

## Hay Fever and Asthma

Hayfever - Hay fever is a type of allergy. It happens when your body makes antibodies in response to certain triggers, such as pollen.

The charity Allergy UK estimates that nearly 18 million people have hay fever in the UK. It's most common in children, particularly teenagers, but you can develop hay fever at any age.

The symptoms usually include sneezing, itchy and watery eyes, and a stuffy nose

Speak to your GP or pharmacist before you decide on a hay fever treatment. It's particularly important to speak to your GP if you have [asthma](#). Hay fever often makes asthma symptoms worse. If this happens, you may need to increase the dosage of your [asthma medication](#).

Is there something that you would like us to include in your Patient Newsletter? If so please contact me at the surgery – Philippa Cannings, Practice Manager