



Blood is something we all expect to be there for us when we need it, yet less than 3% of us actively give blood. Many people would not be alive today if it wasn't for the generosity of blood donors.

There are 1.3m registered voluntary blood donors in England. Blood is collected from these donors, processed, tested and then delivered to hospitals to help save and improve patients' lives.

To learn more about becoming a blood donor or find out when the next donation session locally is call **0300 123 23 23** or visit www.blood.co.uk

If you are generally healthy and aged 17 or over, the chances are you could help save and improve the lives of others.



Heatwave: How to cope in hot weather

Most of us welcome hot weather, but when it's too hot for too long there can be health risks. The main risks posed are, dehydration, overheating, heat exhaustion and heatstroke.

People at a higher risk of overheating include:

- Older people, especially those over 75
- Babies and young children
- People with long-term health conditions, particularly heart and breathing problems
- People with reduced mobility
- People with serious mental health problems
- People on medications that affect sweating
- People who misuse alcohol or drugs



Some tips for coping in hot weather include:-
 Shade or cover windows exposed to direct sunlight. Move to a cooler part of the house, especially for sleeping. It may be cooler outside in the shade or a public building such as local libraries, places of worship, supermarkets; consider a visit as a way of cooling down.

Open the windows at night when the air is cooler.
 Have cool baths or showers, and splash yourself with water.
 Drink cold drinks regularly, such as water and diluted fruit juice.

Seek help from a GP or contact NHS 111 if someone is feeling unwell and shows symptoms such as - breathlessness, chest pain, confusion, intense thirst, weakness, dizziness or cramps which get worse or don't go away. Get the person somewhere cool to rest and give them plenty of fluids to drink.

Vaccination Guidelines 2017

- Baby 8 weeks
5-in-1 vaccine, Rotavirus vaccine, Men B vaccine
- Baby 12 weeks
5-in-1 vaccine, Rotavirus vaccine
- Baby 16 weeks
5-in-1 vaccine, Pneumococcal vaccine, Men B vaccine
- One year
Hib/Men C ,MMR,Pneumococcal ,Men B vaccine
- 3 years and 4 months
Measles, mumps and rubella , 4-in-1 pre-school booster
- 12-13 years (girls only)
HPV vaccine two injections given 6-12 months apart
- 14 years
3-in-1 teenage booster, Men ACWY vaccine
- 17-25 years
Men ACWY vaccine, University Students
- 65 years
Pneumococcal (PPV) vaccine
- 65 and over
Flu vaccine (every year)
- 70 years
Shingles vaccine - 70 years of age, plus catch up eligibility for certain age groups.



TRAVEL

If you are planning to travel outside of the UK you may need certain travel vaccinations. Please complete a Travel Form, available from reception or online, prior to booking your appointment. The Travel Clinics get full quickly at this time of year so please book your travel appointment in plenty of time.

NEVER MISS AN APPOINTMENT

We can now send **appointment reminders** by text to your mobile phone. You can also cancel your appointment by text.

Check with reception that we hold your **Correct Mobile number!**

CALL 111

When you need urgent medical advice but its not a 999 emergency

Adult Access Team

Provide services and advice on:
 Independent Living
 Safety & Security
 Aids / Equipment
 Day Centres
 Support for Carers
 Dementia Care
Call 01305 221016 For advice

System Online - Have you signed up?

The surgery is able to offer a secure online system for you to book your own GP appointments, request repeat prescriptions and view your coded medical record online.



Please enquire at reception if you would like to sign up for this service.

Stay Safe This Summer!

Plant dangers in the garden and countryside

We're a nation of gardeners and love walking in the countryside. But rural rambles can bring perils. While most plants that grow in the UK are harmless, some sting, scratch or are poisonous.

One of the most widespread plants in the UK, **stinging nettles** are the bane of many a country walk, especially for small children. Nettle leaves are covered in tiny, needle-like hairs. When you brush against a nettle, the hairs break off, penetrate your skin and sting you, producing the familiar burning sensation, itch and rash.

According to the Natural History Museum, the old wives' tale that the dock leaf is an effective natural remedy for nettle rash is true. The **dock leaf**, says the museum, contains chemicals that when rubbed over the sting, neutralise it and cool the skin down.

What to do: If you get stung by a nettle, look out for a dock leaf to rub on the rash. Dock leaves usually grow close to nettles. It's also a good idea to teach toddlers what stinging nettles look like so they can avoid them.

Giant Hogweed

Giant hogweed can grow up to five metres tall, often along footpaths and riverbanks. If the sap of the plant comes into contact with your skin, it can cause severe, painful burns and make your skin sensitive to strong sunlight.

What to do: If you touch a giant hogweed, cover the affected area, and wash it with soap and water. The blisters heal very slowly and can develop into phytophotodermatitis, a type of skin rash which flares up in sunlight. If you feel unwell after contact with giant hogweed, speak to your doctor.

Thorny plants - Rose thorns

Thorns, needles or spines from plants such as roses, holly, blackberry bushes, brambles can cause infections or other medical problems if they become implanted in your skin.

What to do: Remove thorns with tweezers – sometimes this is easier after soaking the area in warm water for a few minutes. Avoid injuries by teaching children how to check for plants with spiny leaves or thorns and always wear gardening gloves when you handle thorny plants.

Most British plants are harmless, but some – such as the **yew, chrysanthemums, hemlock water dropwort, deadly nightshade, snowdrops and mistletoe** – are potentially toxic. Their leaves, berries, flowers, fruit, sap or bulbs can poison you, either by making you ill after eating them (as is the case with daffodil bulbs) or giving you a skin rash after touching them.

What to do: Remind children not to eat anything from the garden, unless you've said it's OK. If anyone shows symptoms such as tummy ache, vomiting, rashes or diarrhoea after playing outside, take them to an A&E department immediately with a sample of what they've eaten.

When picking and eating wild mushrooms and berries, such as blackberries and elderberries, be absolutely sure of their identity beforehand



Poison ivy causes a painful and itchy, blistery rash on your skin if you come into contact with it. The good news is you're unlikely to experience this nasty skin reaction because we don't have poison ivy in the UK. It only grows in North America.

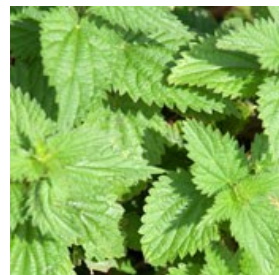
English ivy – which is the type that you see climbing walls and in hanging baskets and window boxes – isn't harmful, although you should still be careful when handling it if you have sensitive skin as its sap can be irritating.

Handling the **parsnip plant** (*Pastinaca sativa*), which grows wild and is cultivated in gardens in allotments may make your skin very sensitive to light leading to burning, blisters and a painful rash.

The problem seems to be the plant's sap which contains chemicals called furoumarins. These chemicals are absorbed by the skin and can then react with sunlight to cause skin inflammation.

What to do: watch out for wild parsnip in roadside ditches and along railway tracks. If you develop skin irritation or blisters after touching parsnip plants, speak to your doctor.

The Royal Horticultural Society website has advice on how to keep your family safe from potentially harmful garden plants. You can also call its helpline on 0845 260 8000, from 10am to 12.30pm and 1.30pm to 4pm.



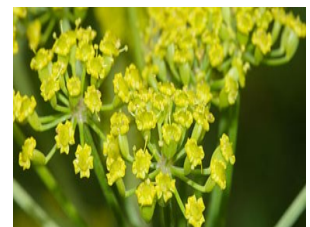
Stinging Nettle



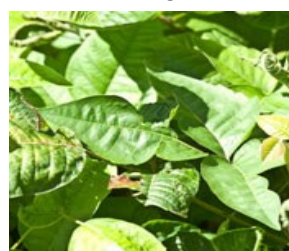
Doc Leaf



Giant Hogweed



Parsnip Plant



Poison Ivy



English Ivy