

NEWSLETTER SANDHURST GROUP PRACTICE

ISSUE 2 | JUNE22



Practice Update

Due to recent changes in staff the practice has made the decision to move away from personalised patient lists and work as a group practice. This means that patients can now choose which GP they see, at either site. We would like to encourage patients to see the same GP for the same problems where possible. Patients will have a registered GP but can see any GP within the practice. Patients can continue to see their registered GP if they wish.

Health Promotion - Summer is here!!

Babies and infants need constant supervision around water – whether this is in the bath, paddling or swimming pool, by ponds, rivers or lakes. They also need supervision around open windows.

Debbie Hartrick, the CCG's Director for Safeguarding, said: "While incidents of drowning or near drowning are rare, it is really important that the safety of infants and children around water and open windows remains at the forefront of our minds, especially with the warmer days ahead. "Pools, ponds and baths can keep your kids cool in the hot weather. However, water can also be dangerous for children if parents and carers don't pay attention. "With more and more families still spending more time at home, we know that children will be playing in garden paddling pools and it's important that they do so safely." She added: "Young children can drown in less than two inches (six centimetres) of water, in only 20 seconds. If they are very young, you won't even hear them. They can slip under the water without making a splash or a sound. "Young children don't understand that a fall can kill them – just as they don't understand that water can kill them." "Getting distracted by a mobile phone, talking to other people, or wandering off when your child is around water can lead to tragedy. **"By spreading these key messages, we can all help to keep our young children live and kicking this summer."**



Summer also brings Hayfever - For more information please visit: www.nhs.uk/conditions/hay-fever

Do

- ✓ put Vaseline around your nostrils to trap pollen
- ✓ wear wraparound sunglasses to stop pollen getting into your eyes
- ✓ shower and change your clothes after you have been outside to wash pollen off
- ✓ stay indoors whenever possible
- ✓ keep windows and doors shut as much as possible
- ✓ vacuum regularly and dust with a damp cloth
- ✓ buy a pollen filter for the air vents in your car and a vacuum cleaner with a HEPA filter
- ✓ try to stay at home and avoid contact with other people if you have a high temperature or you do not feel well enough to do your normal activities

Don't

- ✗ do not cut grass or walk on grass
- ✗ do not spend too much time outside
- ✗ do not keep fresh flowers in the house
- ✗ do not smoke or be around smoke – it makes your symptoms worse
- ✗ do not dry clothes outside – they can catch pollen
- ✗ do not let pets into the house if possible – they can carry pollen indoors

Mental Health

Where can I go if I need to talk to someone and the surgery isn't open?

**East Berkshire
Safe Haven**

Contact us or drop in (5pm-11pm):

Phone: 07790 772 863

Email: east.berkshirehaven@nhs.net

Drop in: 54 High Street, Slough, SL1 1BZ

mhm
mentalhealthmatters

YORKTOWN ROAD
72 Yorktown Road
Sandhurst
Berkshire
GU47 9BT

www.sandhurstgp.co.uk

OWLSMOOR
1 Cambridge Road
Owlsmoor
Sandhurst
Berkshire
GU47 0UB