



JULY 2024

The Village Medical Centre

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<https://thevillagemedicalcentre.org.uk/>

SURGERY CLOSED WEDNESDAY 10th July 2024: 1PM – 6.30PM

The surgery will be closed on Wednesday 10th July 2024 for staff training.

If you need to speak to a GP during this time, please call 111

Welcome..

..to The Village Medical Centre's latest newsletter! We're delighted to connect with you and share updates from our practice and valuable health information to support your well-being. **Be sure to sign up via our website to receive each issue in your email inbox as soon as it is published!**

NHS Type 2 Diabetes Path to Remission Programme

The NHS Type 2 Diabetes Path to Remission Programme is a joint initiative between NHS England and Diabetes UK. It's available to eligible people in England who are living with type 2 diabetes and obesity or overweight. The program provides a low-calorie, total diet replacement treatment. Participants follow an 800-900 kilocalorie per day diet for 12 weeks, replacing all normal meals with specially formulated products. Afterward, they receive support for reintroducing food. Early data shows weight loss, improved blood sugar levels, and remission in almost half of participants.

If you feel this might apply to you, please contact the surgery for more information.

New Telephone System

On July 4th, we're upgrading our telephone system to Surgery Connect, a cutting-edge Cloud-based solution. While we're excited about the benefits—like improved patient communications and streamlined practice management—we ask for your patience during the transition. Glitches may occur, but rest assured, we're committed to enhancing your experience. Thank you for your understanding as we embrace this positive change!

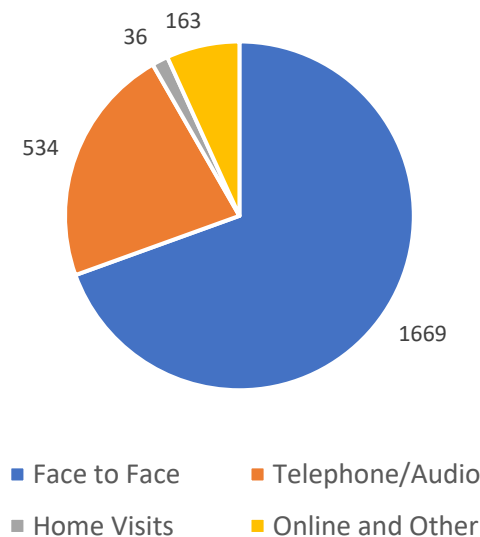
Learn more about Surgery Connect <https://www.x-on.co.uk/healthcare-telephony/surgery-connect/>

TRAVEL CLINICS

At the Village Medical Centre, we provide essential vaccinations for travel.

If you are planning a trip abroad and need advice, please contact the surgery and we can arrange for you to complete a form which provides us with the baseline information we need to advise you, and we can then arrange an appointment to provide those essential vaccines. See our website pages, and the NHS guidance at: [Travel vaccination advice - NHS \(www.nhs.uk\)](https://www.nhs.uk)

June Appointments





Summer health

Keeping yourself safe in the summer months is important, as new risks arise with the onset of the summer months. Some of the key risks of hot weather and how to prevent them are discussed here:

Hay fever

Hay fever is a common allergy to pollen which can cause sneezing, itching, coughing, watery eyes and more. Hay fever usually only occurs in the summer and although it's not a serious issue, it can be difficult to deal with. To try and prevent hay fever, you can put Vaseline on your nostrils, wear sunglasses, shower and change your clothes when coming in from outside, and take antihistamines. If your hay fever is causing serious issues or you are struggling to carry on with your day then have a chat with your pharmacist.

Dehydration

Dehydration is especially common when the weather is hot. Signs of dehydration can include dizziness, thirst, dark wee, and dry lips and skin. Avoiding dehydration is important. You should make sure that you're drinking plenty of water, that you cool down and stay in the shade, and consume foods that are also hydrating, such as fruit. It's particularly important to keep an eye on your small children or babies.

Heatstroke

Heatstroke can be caused by too much contact with the sun, being outside in very hot weather or exercising in hot weather. To avoid heatstroke, you should stay in the shade, drink plenty of water, try to avoid being outside in the middle of the day and wear light clothing. Heatstroke symptoms can include dizziness, nausea, cramps, a high temperature and other similar symptoms.

If you suspect that you or someone you know has heatstroke, you should try to move somewhere cool, remove clothes, drink water and cover the skin in cool water. If symptoms seem more serious or efforts to cool them/yourself down aren't working, you should call 999.

<https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/>

<https://www.nhs.uk/conditions/hay-fever/>

<https://www.nhs.uk/conditions/dehydration/>

<https://www.redcross.org.uk/first-aid/learn-first-aid/heatstroke>

<https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>

Skin cancer

Skin cancer can be scary and worrying, and doing what you can to avoid the development of skin cancer is essential. Making sure you're consistently applying sunscreen, checking UV regularly, wearing long clothes and staying out of direct sunlight all reduce your chances of developing skin cancer. Staying away from artificial UV, such as sunbeds, is also very important. Putting your safety first is vital.

<https://www.cancerresearchuk.org/about-cancer/skin-cancer/about-skin-cancer>

New NHS Vaccination Programmes Targets RSV in Vulnerable Groups.

The NHS is introducing two new vaccination programmes against the respiratory syncytial virus (RSV) from 1 September 2024. These programmes target older adults aged 75 to 79 and pregnant women from 28 weeks gestation. The aim is to protect these vulnerable groups from serious lung infections caused by RSV.

RSV is a contagious virus that causes infections of the respiratory tract. It's common and usually leads to mild, cold-like symptoms. However, RSV can be more severe in infants, some young children, and older adults. In adults, RSV symptoms typically mimic the common cold, including a congested or runny nose, dry cough, low-grade fever, and sore throat. In severe cases, RSV can cause pneumonia or bronchiolitis, affecting the lower respiratory tract.

MORE DETAILS TO FOLLOW WHEN WE HAVE THEM