



PARKSIDE SURGERY NEWSLETTER

MAY 2025

According to an update from NHS England, the RSV Vaccination Programme has already helped see a 30% reduction in hospitalisations of 75—79 year olds. If you are between these ages and have not had your RSV Vaccine yet please contact the surgery.

With further bank holidays in May, the surgery will be busier before and after so please take advantage of the Pharmacy First Scheme where possible.

The Pharmacy First Scheme is an initiative where patients can be treated for certain medical conditions at their local pharmacy.

The medical conditions are: Acute Otis Media, Sinusitis, sore throats, impetigo, Infected insect bites, Shingles and Uncomplicated Urine infections in women (aged 16-64)

May Bank Holiday

Closures:

Monday 5th May

&

Monday 26th May

Please call 111 if you
require medical assistance
during this time.

Training Closure Date: Wednesday 21st May from 1:30pm.

May is National **Skin Cancer Awareness Month** so here are some top tips on staying safe in the sun!

Use 5*UVA with at least SPF30 Sun Lotion and reapply regularly during the day, it is recommended to reapply every 2 hours.

Avoid prolonged periods of time in the sun between the hours of 10am and 4pm as this is when the sun is at it's strongest and more likely to cause sun damage to the skin.

Do not use a sunbed or sunlamps.

Wear a hat and long sleeves to cover up.

Wear UV blocking sunglasses to protect your eyes.

Drink plenty of water to stay hydrated.

For more information on how to prevent and spot the signs of skin cancer, please visit the following website:

<https://www.macmillan.org.uk/cancer-awareness/skin-cancer-awareness-month>

or click on the link [Skin Cancer Awareness](#)

HYPERTENSION

High blood pressure (also called hypertension) can lead to serious problems like heart attacks or strokes. But lifestyle changes and blood pressure medicines can help you stay healthy.

There are not normally symptoms of having high blood pressure, so it is worth getting it checked. We have a machine in reception which is free to use to check your BP. Please collect a token from reception.

You are more at risk of getting high blood pressure:

- *your age – you're more likely to get high blood pressure as you get older*
- *having close relatives with high blood pressure*
- *your ethnicity – you're at higher risk if you have a Black African, Black Caribbean or South Asian ethnic background*
- *having an unhealthy diet – especially a diet that's high in salt*
- *being overweight*
- *smoking*
- *drinking too much alcohol*
- *Feeling stressed over a long period of time*



If you are diagnosed with High Blood Pressure, we will monitor you in the surgery and ask you to come in for a long term condition review every 10-12 months for this. It is important that you keep these appointments so that we can make sure you are on the correct treatment.

To help lower your blood pressure, try to eat a healthy balanced diet, exercise regularly and lose weight if you are overweight. Avoid eating too much salt and drinking too much alcohol or caffeine.

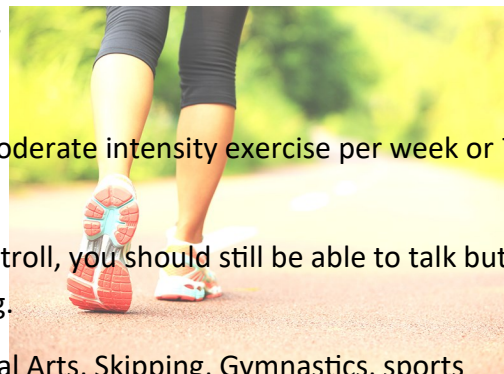
May is National Walking Awareness Month- Walking is one of the easiest ways to improve our health and stay connected to our community, helping us feel less lonely and isolated.

EXERCISE – what is the recommended exercise per week?

It is recommended that an adult should do at least 150 minutes of moderate intensity exercise per week or 75 minutes of vigorous intensity exercise a week.

Examples of Moderate Exercise: Brisk walking which is faster than a stroll, you should still be able to talk but not sing, Water Aerobics, Bike riding, Dancing, Doubles Tennis, Hiking.

Examples of Vigorous Exercises: Running, Swimming, Aerobics, Martial Arts, Skipping, Gymnastics, sports including football, rugby, netball and Hockey.



During April, we had a total of 140 appointments where patients did not attend, this amounted to 23 hours of clinical time lost.

Thank you to the patients who did attend their appointment. In total we had number of 5358 appointments which were attended.



Please let the surgery know if you are unable to attend your appointment so that we can offer this to someone else. You can do this on the NHS App, your online record or via our website: www.parksidesurgery.co.uk