



# PARKSIDE SURGERY NEWSLETTER

## JULY 2025

We have recently said goodbye to Dr Thomas who has been with us for over a year. She will be continuing her career as a doctor in the North of England. She will be missed by us all and we wish her all the best for her future!

**Polite reminder**— We have recently seen an increase in aggressive behaviour towards our staff and we understand that sometimes you may be frustrated, if you are poorly or concerned about a family member. The surgery has a zero tolerance policy and we ask you to treat our staff and other patients with respect.

**Training Closure Date: Wednesday 16th July from 1:30pm.**

### Pharmacy First

Reminder that your local pharmacy can help with the following:

Sinusitis

Sore Throat

Earache

Impetigo

Shingles

Infected insect bites

uncomplicated Urinary Tract infections in women

Your local pharmacy can also provide advice and medication for hay fever symptoms.

### SH24—sexual health 24 hours a day.

Did you know you don't have to visit your GP for contraception?

SH24 offer full information and advice on the different methods of contraception that is available. They have qualified clinicians that work with you to provide the best options available. Contraception is free on the NHS and via SH24. Depending on the type of contraception you choose, the medication is then delivered to your door.

Please visit the website for more information: <https://sh24.org.uk> or the link [Free Home STI \(STD\) Test | Sexual Health Kit & Contraception | SH:24](#)

Other services they offer are STI Testing and emergency contraception.



## CHOLESTEROL

Cholesterol is a type of lipid that your body needs to function. High cholesterol is when you have too much of a fatty substance (cholesterol) in your blood.

HDL is good cholesterol. A healthy level can protect you from cardiovascular disease.

LDL is bad cholesterol as it contributes to fatty build up in your arteries.



Food swaps to help lower your cholesterol:

Butter	➡	Reduced fat spread with olive/ sunflower oil
Red / Fatty meat	➡	Fish i.e. Salmon, Tuna, Mackerel
Biscuits / Crips	➡	Nuts
Low Fibre Cereal	➡	Oats
White bread / Pasta / Rice	➡	Wholegrain Bread / Pasta / Rice
Milk Chocolate	➡	Dark Chocolate

Limit the amount of fried foods, processed meats, baked items, and cheeses you eat. This will all help lower your cholesterol.

## Awareness days for July

### Sarcoma Awareness Month

This July you can wear **yellow** in support of **Sarcoma Awareness month**. Sarcoma is often called the “forgotten cancer” due to its rarity. It accounts to 1% of adult cancers and 15% of childhood cancers with over 70 different sub types of Sarcoma. The two main types of sarcoma are soft tissue and bone cancer.

Please visit the website: <https://www.macmillan.org.uk/cancer-awareness/sarcoma-awareness-month> for more information or visit the following link: [Sarcoma Awareness Month](#)

**Group B Strep Awareness week** from the 8th—14th July 2025. Group B Strep is the UK’s most common cause of life threatening infection in newborn babies, and of meningitis in babies under the age of 3 months. To find out more visit the following website: <https://gbss.org.uk> or click on the link [Group B Strep Support – Working to stop group B Strep infection in babies](#)