Summer 2022

Patient Participation Group Newsletter

**Looking after yourself in the summer**

The average British summer is not known to be that hot. But almost certainly there will be heatwaves during these months. Has pleasant as it is to be out in the sun it is best to protect yourself with high factor sunscreen, a hat and plenty of fluids. Sitting in the shade is also beneficial as even with high factor sunscreen skin can be damaged with too many hours out in the sun.

Most medications can be stored at room temperature but please be aware if extreme heats occur, please store your medications out of sunlight, in the coolest place possible (not the fridge) as the efficacy of your medication may be affected.

We hope that the summer is enjoyable for you all and that sunburn and heat exhaustion are not something you will suffer with.

**5\* Cleanliness rated practice**

In the early summer we had an external inspection of the practice cleanliness. This audit was very detailed and inspected each room, the contents of each room, the contents of cupboards in each room and the general cleanliness of all areas of the practice.

We are pleased to report the practice obtained the highest cleanliness award being 5\*. We are particularly grateful to our cleaning team and infection control nurses who work tirelessly to keep our practice clean and safe for our patients.

**Patient Participation Group**

In June we are having our first post-covid face to face PPG meeting for which we have sent out invitations to all patients who we have a mobile telephone number for. We hope to see a good few of you at the meeting. We will follow up that meeting with a further one in July.

To attend this group meeting please contact [abbie.brierley@nhs.net](mailto:abbie.brierley@nhs.net) or call the practice after 3pm.

**Contact Abbie to book onto our**

**PATIENT PARTICIPATION GROUP MEETING**