

June Blog: Staying Safe This Summer ☀️

Welcome to our new website!

We're excited to welcome you to our new website! This space has been designed to make it easier for you to find important health information, updates, and advice from our team. We'll be sharing regular blog posts to keep you informed and supported throughout the year. Please also see our newsletter for details on staffing changes and GP retirement information. Thank you for visiting—we hope you find the new site helpful and easy to use.



Staying Safe in Hot Weather

As temperatures rise, it's important to take extra care during hot weather, especially for young children, older adults, and those with long-term health conditions.

Top tips:

- Stay hydrated by drinking plenty of water
- Keep out of direct sunlight between 11am–3pm
- Wear lightweight, loose clothing
- Keep rooms cool by closing blinds during the day
- Check on vulnerable family members and neighbours

If you feel dizzy, unwell, or unusually tired in the heat, seek medical advice.



Sun Safety Advice

Enjoy the sunshine safely by protecting your skin from harmful UV rays.

Remember:

- Use sunscreen with at least SPF 30 and reapply regularly
- Wear a hat and sunglasses when outdoors
- Stay in the shade where possible
- Avoid sunburn—red skin is a sign of damage, not a healthy tan

Sun protection is important even on cloudy days.

What to Pack in a Holiday First Aid Kit



Before going on holiday, it's a good idea to prepare a basic first aid kit.

We recommend including:

- Pain relief (e.g. paracetamol or ibuprofen)
- Plasters and blister pads
- Antiseptic wipes or cream
- Antihistamines for allergies or bites
- Rehydration sachets
- Any prescription medication you need (plus extras if possible)
- Insect repellent and bite cream

Using healthcare services whilst abroad – important

information for patients



If travelling abroad, check health advice for your destination before you go.

When travelling outside the practice area or overseas, patients should be aware that GPs are unable to provide consultations or issue prescriptions for conditions arising abroad.

This is because it is not clinically safe to assess or prescribe without a physical examination and without full knowledge of local medical circumstances, access to investigations, or other influencing factors.

As a general rule, if a patient cannot attend the practice within approximately 2 hours (excluding housebound patients), we are unable to offer remote consultations or send prescriptions.

If you become unwell while abroad, you will need to seek medical attention locally in the country you are visiting, where appropriate assessment and treatment can be provided.

We recommend ensuring you have adequate travel insurance and access to local healthcare services before travelling.

Before you travel



- Take enough regular medication
- Carry a copy of your prescriptions
- Check travel insurance covers medical care
- Make sure you know how to access healthcare in your destination