

# Betts Avenue News

## SUMMER EDITION

Summer season is coming round fast therefore it won't be long before people are suffering with hay fever. Here is some information and tips for the summer.

### **Holiday Vaccinations**

Are you going on holiday this year? You might need vaccinations if you're going outside the UK to prevent serious diseases in other parts of the world. If you are unsure about vaccinations make an appointment with one of our practice nurses.

### **Hay Fever**

Many people suffer with hay fever during the summer which can be unpleasant. Hay fever is caused by grass pollen which makes you sneeze, gives you itchy eyes and makes your nose run similar to cold/flu symptoms. If you suffer with this you could seek advice from a pharmacist as treatments are available over the counter. If no improvement make an appointment with the GP.

### **Fun in the sun**

Everyone loves to have fun when the weather is nice but it is crucial that you remember to be safe whilst having fun. You may not feel like it is too hot but any amount of sun can damage your skin. Here are some tips for you:

- ◆ Always use sun screen when the weather is hot. Never use less than SPF 15
- ◆ Always drink plenty of water to stop you from becoming dehydrated.
- ◆ Children have a greatly increased risk in the sun so make sure they are always topped up every couple of hours.
- ◆ Wearing a hat will help to keep you cool and stop your head from getting burnt.
- ◆ Do not stay in the sun all day, this will increase your risk of sun stroke and can become serious.

## Pharmacy First

Are you entitled to free prescriptions? Then you may be entitled to pharmacy first. This scheme offers advice and treatment for many minor ailments. Free treatment is available for minor ailments such as: bites & stings, chicken pox, colds, colic, conjunctivitis, diarrhoea, eczema, hay fever, head lice and so much more. Just ask at our reception desk for a leaflet on pharmacy first which will include what it's all about, if you are entitled to this service and what ailments they deal with.

## Are you between 13 and 25?

Have you seen our young people's board in our reception? Why not take a look? It has lots of useful information!

## Surgery Closures

We are closed for these hours on the following days:

Wednesday 2nd July from 12.30pm

Thursday 10th July from 12.30pm until 4pm

Thursday 9th October from 12.30pm

**Closed all day** on the 25th & 26th December

## Don't like queuing to check in?

Why not try out our self check in board to book in for your appointment. It is quick and simple to use just follow the instructions on the screen. It saves waiting in the queue at reception.

## Do you forget your appointments?

Sign up for text message reminders at reception, we send you a text message 24 hours before your appointment to remind you.

## Cancelling an appointment between 7am and 8.30am?

**Benwell** —07796154226

**Kenton** —07903063454

## Take a look at our website

Go online and check out our website, you can find out information regarding the surgery.  
[Www.bettsavenue.nhs.uk](http://www.bettsavenue.nhs.uk)

## Booking appointments and ordering prescriptions online?

Sign up at reception so you can go online to book your own appointments and order prescriptions online.

## Betts Avenue Medical Centre

**Website:** [www.bettsavenue.nhs.uk](http://www.bettsavenue.nhs.uk)

**Email:** [bettsavenue@nhs.net](mailto:bettsavenue@nhs.net)

**Benwell Phone Number:** 01912742767

**Benwell Fax Number:** 01912740244

**Kenton Phone Number:** 01912461546

**Kenton Fax Number:** 01912461550