



ESTOVER SURGERY

Telephone: 01752 789030
Email: estover.surgery@nhs.net
Website: www.estoversurgery.co.uk

Summer 2010

Practice Manager: Samantha
Richards

SLIP, SLAP, SLOP SUMMER SIZZLER

You could be tempted to blow all caution to the wind when the English weather actually decides to match the season i.e. summer!! You may leap out into the rays in search of that sun kissed look, fun in the waves and the freedom of lightweight clothing and sandals. We need to pause and keep in mind the damage the sun's ultra violet rays can cause for example, burns, wrinkles and skin cancer. We need to remember the sun safety messages and "Save Our Skin".

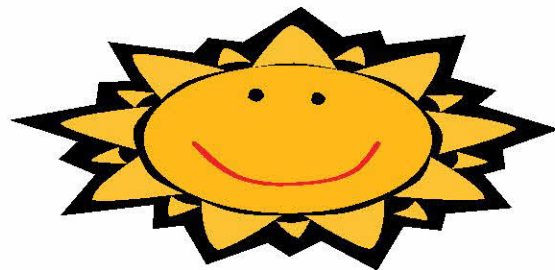
NEVER BURN:- Sun burn can double your risk of skin cancer. You can still burn through light cloud and shallow water.

PROTECT CHILDREN:- Keep babies and young children under 12 months out of the sun completely. Make sure they are protected in their pram.

COVER UP:- For adults but especially for children, a loose top and hat are the best sunscreen.

SEEK SHADE:- Between 11 am—3 pm when the sun is hottest.

APPLY WELL:- Apply a factor 15+ sunscreen 30 minutes before going out and reapply often. So remember, when you get that holiday feeling and are heading for The Hoe, Devil's Point, Mount Wise, local beach or even into town, take care of children and yourself, **slip** on a hat, **slap** on a T-shirt and **Slop** on the 15+ sunscreen.



REPEAT DISPENSING OF PRESCRIPTIONS

For those patients who are on regular medication and are stable on all of their repeat medication and have been for some time Repeat Dispensing may be an option. If the Doctor thinks that you are clinically appropriate then he/she can issue prescription intervals of up to one year dispensing on the medication. You will need to arrange an appointment to see Doctor to discuss and sign a consent form.

FRIENDS OF THE SURGERY GROUP

We are keen to put together a friends of the surgery, if you are interested in being part of this group please contact the Practice Manager with your name and contact number.

Doctor's letters for Bus Passes, Council etc

Doctors are not obliged to issue a letter for Bus Passes, help with housing, fit to fly or to exempt from an exam, just to mention a few. The Doctors are governed by the Local Medical Committee (LMC), who have advised us no local agreement has been made between the LMC and the relevant authorities with regards to Doctor's letters. This meaning they are not allowed to send patients to the Doctor asking for a letter.

Therefore please do not take offense or become frustrated if your request for a letter is declined. If the local authorities keep on insisting they require a letter please inform our Practice Manager who will contact the LMC and inform them

COSY DEVON SCHEME

CosyDevon is a Devon-wide insulation scheme working with all 10 local authorities, Devon County Council and the energy supplier E.ON. The scheme offers free or greatly reduced prices for loft and cavity wall insulation to all homeowners and private tenants across Devon. Home insulation is the best way to reduce the need for heating, therefore reducing your energy bill and your carbon dioxide emissions

Currently, householders and private tenants in Plymouth who fall into the following categories can have the insulation installed for free...

- Those over 60
- Those in receipt of income related benefits
- Those who have a household income of £18,000 or less

Those who do not fall into these categories can have it installed for either £99 per measure or £149 for both.

Having a warmer home is an excellent way to avoid cold related illness and trips and falls due to cold. YOU can also benefit from lower energy bills due to reduced need for heating.

You can apply for the insulation via three methods...

1. Phone the Energy Saving Trust on 0800 512012
2. Fill in an application form
3. Apply online at www.cosydevon.co.uk