



ESTOVER SURGERY

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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.

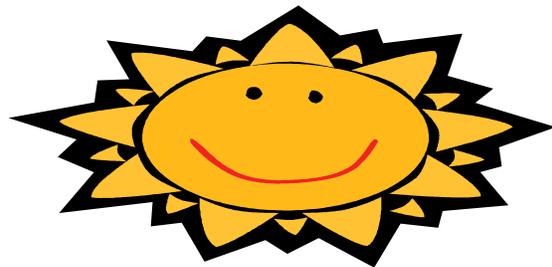
PROTECT CHILDREN:- Keep babies and young children under 12 months out of the sun completely. Make sure they are protected in their pram.

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.



ONLINE PATIENT ACCESS

Have you got Internet access? Would you like to order your repeat medications through a secure internet service, view any allergies/reactions/intolerances as well as being able to order your medications and book your own appointments to see the Doctor? Nurse Appointments aren't available.

If this is a service which you would like to use, please speak to the reception team who will be happy to help.

SELF REFERRAL PHYSIOTHERAPY

If you are 16 years of age or older and would like to see a physiotherapist for a new or ongoing condition you may refer yourself.

When may I self-refer to physiotherapy?

- You must be aged 16 years or older
- You are troubled with back or neck pain
- You are troubled with soft tissue or joint problems including sprains and strains.

How do I self-Refer?

1. Fully complete the self-referral form-please ask reception
 2. Send the referral form to: **Physiotherapy Department, Zone E, Level 7, Derriford Hospital, Plymouth. PL6 8 DH**
1. Where appropriate they will contact you by phone. Alternatively, you will be sent a letter inviting you to contact the department to arrange a suitable appointment time

When will I be seen? They will contact you within 7 working days and will arrange an appointment at the earliest appropriate time

Where will I be seen? There are physiotherapy clinics in and around the city. They will endeavour to arrange treatment at a convenient location to yourself

If you have **further questions:**

- Please discuss with your GP
- You may contact the Physiotherapy Department on **0845 155**

