



LANGHAM PLACE SURGERY

SUMMERTIME

NEWSLETTER



Welcome to the Summer newsletter, I hope you are enjoying the sunshine and find the information here interesting and useful. Any feedback would be appreciated. Please contact us via the feedback tab on the Langham Place Surgery website for anything you want to see in **your** newsletter.

SUMMER 2020

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We appreciate your understanding of a change in the way the surgery has had to operate and are very grateful for your kind comments and wishes to the staff for their extra efforts in keeping the service available to you whilst patient and staff safety being the priority.

The Green Site (The Pines) has been developed to provide greater protection to our vulnerable patients, for routine nursing appointments and for the delivery of childhood immunisations.

Langham Place Surgery will become the Amber Site, for patients with NO covid symptoms and the problem needs a face to face appointment, e.g. new lump. The Hot Site for covid symptoms is at the University. All appointments must be booked and there are no walk-in appointments.

We are constantly thinking of ways to ensure all our patients are as well and safe as possible and have been contacting vulnerable patients by letter and telephone.

We can only express our heartfelt wishes to those who have suffered illness and devastating loss and hope that our condolences will be of some comfort.

Please make use of the well-being apps such as Headspace, Unmind, Sleepio and Daylight. Charities can also offer support such as Age UK, Mind UK, Low down, Childline, Re:store, The Hope Centre, Carers Northamptonshire, Northampton and District Mind.

“Caring for others creates the spirit of a nation.” Pat Nixon

As lockdown restrictions are relaxed we still need to remain alert and follow social distancing, allowing 2 metres between you and anyone else outside of your household, washing hands regularly, coughing into a tissue and throwing it in the bin (Catch it, bin it, kill it), remaining at home in our individual units, not having members of other households to visit – This enables everyone to stay safe.

Stay at home as much as possible to stop coronavirus spreading. If you think you have the virus, don't go to the GP or hospital, stay indoors and [get advice online](#). Only [call NHS 111](#) if you cannot cope with your symptoms at home; your condition gets worse; or your symptoms do not get better after seven days.

For the latest government advice, see <https://www.gov.uk/coronavirus>

HAVE HOPE

Hope is the
Feeling that
Carries us
Through;
Hope is the
future for
Me and you.

HELLO'S/FAREWELL'S

We welcome Health Care Assistant Shantelle, welcome back Administrator Joana.

Farewell to Lily our Apprentice and Ashley our Paramedic all the very best for your futures.

I WANT GREAT CARE SURVEYS

January, February 2020 Responses

How likely are you to recommend our GP practice to friends and family if they needed similar care or treatment?

| | |
|-----------------------------|-----------|
| Extremely Likely | 35 |
| Likely | 16 |
| Neither Likely nor Unlikely | 2 |
| Unlikely | 1 |
| Extremely Unlikely | 2 |
| Don't know | 0 |
| Total Responses | 56 |

Please fill out a survey if you have time, either on line or collect a form from Reception. Please just post completed forms in the box, also located on Reception counter.

Thank you

GENERAL INFORMATION

UPDATE PERSONAL INFORMATION

Please ensure we have your up- to -date information such as new name, address or telephone number/s (home, mobile, work) we may need to contact you.

Please also let us know if you look after someone.

Thank you



Remember we do normally do two flu clinics in October, on a Saturday for patients in the at risk groups. Arrangements may change this year.

CARERS WEEK 8th – 14th June 2020

Please see our Carers information board in the ground floor waiting area in the Surgery or on the Well-being section of the Langham Place Surgery website.

TEST RESULTS

Please remember to always ring for the results of tests after a week (two weeks for X-rays). Do NOT wait to hear from us, unless you are told otherwise.

LOOK AFTER EACH OTHER

While we are keeping safe staying at home, ring a neighbour, appreciate the keyworkers, call out a safe distanced “thank you” to the postie and refuse collector. If you are lucky enough to have a garden why not take part in the “No Mow May challenge” to help pollinators like bees, because more flowers will grow so they can collect more nectar.

TIPS FOR COPING IN HOT WEATHER

The following advice applies to everybody when it comes to keeping cool and comfortable and reducing health risks:

- Shut windows and pull down the shades when it is hotter outside. If it's safe, open them for ventilation when it is cooler. Metallic blinds and dark curtains can make the room hotter.
- Stay out of the sun and don't go out between 11am and 3pm (the hottest part of the day)
- Have cool baths or showers, and splash yourself with cool water.
- Drink cold drinks regularly, such as water and fruit juice. Avoid tea, coffee and alcohol.
- Stay tuned into the weather forecast on the radio or TV, or on the [Met Office website](#).

LANGHAM PLACE SURGERY

11 Langham Place, Northampton, NN2 6AA Tel. 01604 638162

www.langhamplacesurgery.co.uk

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