



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

IN THIS ISSUE

Welcome /feedback

Covid – 19

Have hope

Hello's /farewell

I want great care survey results

General information

Important Dates for your Diary

Test Results

Look after each other

Tips for coping in hot weather

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

Follow us on Twitter @LanghamPlacesur