

JULY/AUGUST NEWSLETTER

Alban
surgery 

SURGERY UPDATE

CALL  01626 334411
EMAIL  enquiriesatalbany.L83034@nhs.net

As the Summer holidays are about to get underway, we hope all our patients manage to have a relaxing break and find fun things to do even though the weather has been quite variable so far.

ALBANY PPG WOULD LIKE TO SHARE THIS INFORMATION FROM THE BMA

DID YOU KNOW.....

The Government gives this practice just £107.57 a year for each patient, whatever their health needs. That is less than the cost of a TV licence.

This means they're only given 30p a day for every patient registered with them – less than the cost of an apple.

GPs want the same things that you do, we believe that nobody should struggle to see their family doctor.

We believe that general practice deserves a bigger slice of NHS funding so that they can train and hire more GPs, deliver the services you require and make it easier to get appointments to see your GP and practice team.

Currently no matter how many hours doctors work they still can't see all the patients that need their care.

FEEDBACK

We welcome feedback of any kind - this is used to improve the service we provide for our patients and to identify what works well.

How to leave feedback:



COME IN



CALL



LETTER



EMAIL

Additionally, anonymous feedback can be given as Friends and Family feedback. To complete this, please visit our website

(www.albanysurgery.co.uk) or fill out a Friends and Family feedback card at our main reception.

JULY IS ULTRAVIOLET SAFETY MONTH

It is essential to spread awareness about how important it is to protect our eyes and skin from the side effects of UV rays

TIPS TO STAY SAFE IN SUN

SUNSCREEN- apply before going outside & reapply later if you have been sweating or swimming. Use a suncream with a high SPF (Sun Protection Factor)

CLOTHING- to protect over exposed parts of your body & keep them safe eg t-shirt & wide brimmed hat.

EYE PROTECTION- polarized sunglasses keep eyes safe by absorbing UVA & UVB rays.

SHADE- seek shade when possible

COME IN  **Grace House, Scott Close,
Newton Abbot, TQ12 1GJ**

CALL  **01626 334411**

EMAIL  **enquiriesatalbany.L83034@nhs.net**

In June, 195 booked appointments were missed, (that's 51 hours of clinicians' time). Please be sure to call or email, to cancel or change your appointment if you need to.

DID YOU KNOW?

NHS DIABETES PREVENTION PROGRAMME

MEETS: PAIGNTON BAPTIST CHURCH

DATE: WEDNESDAY 14th AUGUST

TIME: 9.15—10.45am

Sessions take place on the same day & time each week & will cover a range of different topics. This will include healthy eating, physical exercise & long term behaviour change classes to help you build a healthier lifestyle.

WEBSITE www.preventing-diabetes.co.uk

EMAIL info@preventing-diabetes.co.uk

TELEPHONE 03335773010

PSORIASIS ACTION MONTH AUGUST 1st— August 31st 2024

August is Psoriasis Awareness month. It is used to educate & inform sufferers on a range of topics varying from treatment, causes, triggers & management of the inflammatory & often irritating disease.

Psoriasis is a skin disorder that causes skin cells to multiply up to 10 times faster than normal. This makes the skin build up into bumpy red patches covered with scales (plaques) which may be itchy, painful, sometimes crack & bleed. They can grow anywhere but mostly appear on the scalp, elbows, knees & lower back.

It cannot be passed from person to person

Cause of psoriasis is still unknown but specialists do know that it is largely affected by the immune system & genetics.

It affects men & women of all races, ages & the disease can display on a variety of body parts at any given time.

There are many ways in which it can be controlled & treated eg by medication, phototherapy, dietary control or managing lifestyle choices.

DCC HOLIDAY ACTIVITIES & FOOD PROGRAMME (HAF)

The scheme offers funded activities & healthy, nutritional hot meals during the school holidays. Devon County Council have teamed up with over 1000 different activity providers across Devon to offer 30,000 places to children aged 5-16 years old, who receive benefit related free school meals. From arts & crafts workshops to sports tournaments & outdoor activities, the programme is designed to keep children active, engaged & well nourished during the school break. All clubs will be operating for a minimum of 4 hours for 4 days & will include a hot meal. Some sessions also available in evenings & at weekends. Book:

www.devon.gov.uk/educationandfamilies/family-support/haf-programme/

THE PATIENT PARTICIPATION GROUP

The PPG produces this newsletter and supports Albany Surgery in many ways and welcomes new members who are passionate about improving the care their surgery provides. Current patients of all ages and backgrounds are invited to apply.

How to apply:



Pick up an application form at the surgery



albanysurgery.co.uk/patient-participation-group

If you would like a copy of any previous newsletters, please see our website (www.albanysurgery.co.uk) or ask a member of Reception