

## NEWSLETTER MARCH 2024 CHERRY TREE SURGERY

Thank you for reading this Newsletter which we hope will aid communication with our members on a quarterly basis. As always, we welcome feedback.

*Spring is springing and the clocks change on the 31st March, so we have lighter nights to look forward to.*

With Easter round the corner, the surgery will be closed so please remember to order your prescription early. We would like to wish all our patient's a Happy Easter.

### Easter Bank Holiday



The surgery will be closed On Friday 29.03.2024 & Monday 01.04.2024

If you have a medical emergency during this time please call NHS 111.

The surgery will reopen at 08:00 on Tuesday 02.04.2024.

### How we are helping you

The surgery is now an NHS App ambassador – the wealth of information you can access from the app is extensive. Test results, medical records, repeat prescription information, hospital referrals, waiting list information and so much more.



  
Providing NHS services

Most pharmacies can help you with **seven common conditions** without needing a GP appointment

- **Sinusitis**  
(adults and children aged 12 years and over)
- **Sore throat**  
(adults and children aged 5 years and over)
- **Earache**  
(children and young adults aged 1 year to 17 years)
- **Infected insect bite**  
(adults and children aged 1 year and over)
- **Impetigo**  
(adults and children aged 1 year and over)
- **Shingles**  
(adults aged 18 years and over)
- **Urinary tract infection**  
(women, aged 16 to 64 years)



Pharmacists have been backed by Government and the NHS to provide a new NHS 'Pharmacy First' service to support people in certain age groups

seeking help for sore throats, earache in children, sinusitis, infected insect bites, impetigo, shingles, and urinary tract infections in women. Patients are able to visit Participating pharmacies or speak to our helpful receptionist who will be happy to help.

### Measles Campaign

The NHS has launched a campaign urging parents and carers to book their children in for their missed measles, mumps and rubella (MMR) vaccine. This follows the announcement of a national incident by the UK Health Security Agency (UKHSA) as cases of measles continue to rise across the country.

Please make sure your child is up to date with their MMR vaccinations. You can do this by checking your child's red book. If your child has missed any doses, please contact Locala **0303 003 4529** and we will book an appointment with one of our nurses.

Two doses of the MMR vaccine can stop your child becoming seriously unwell with measles – two doses of the safe and effective vaccine are needed for maximum lifelong protection, with the first dose given around the child's first birthday and the second dose given at around three years and four months old.

More information about measles and the MMR vaccine can be found on the NHS website.

 Ask your pharmacy for more information about this free\* NHS service

Visit your **Pharmacy First!**

\*NHS prescription charge rules apply where a medicine is supplied

## Staying well this Ramadan

Try to eat well and avoid sugary, fatty and processed foods when breaking your fast. Stay hydrated before and after fasting by drinking plenty of water and avoiding caffeinated drinks.



Keep a routine of regular, exercise like walking to stay active throughout the fasting period. This is a time for reflection so remember to take regular breaks to take time for yourself.

## What to do if you become unwell while fasting

The British Islamic Medical Association advises that if you become unwell during Ramadan, you should stop fasting and seek medical advice.

You can do this by visiting [111.nhs.uk](http://111.nhs.uk) or your GP practice's website. If you don't have access to the internet, telephone 111 or your practice directly.

## Staying mentally well this Ramadan

Looking after your mental health is as important as your physical health so if you are struggling with anxiety or depression, reach out to NHS Talking Therapies services – visit [NHS.uk/talk](https://www.nhs.uk/talk). These services can provide interpreters and non-English resources and some therapists speak multiple languages.

**Muslim Youth Helpline:** male and female volunteers trained in basic counselling skills provide support at the point of crisis.

**The Muslim Women's Network:** faith and culturally sensitive helpline that is confidential and non-judgmental, offering information, support, and guidance for those who are facing problems on a range of issues.

## Prescribed medicines during Ramadan

It's important to continue taking your prescribed medicines during Ramadan. However, you will need to check with your doctor to see if the doses or the times you take them, need to be adjusted or changed.

## Diabetes advice

If any of your patients with diabetes want to fast during Ramadan, please discuss with them the safest way of doing so, or encourage them to speak to their diabetes nurse. Diabetes UK has lots of **advice on fasting and managing diabetes during Ramadan**, including tips on **healthy eating** and a factsheet in **English, Arabic, Bengali** and **Urdu**.

## Attending medical appointments

If you have a medical appointment booked during Ramadan, please do attend. If you need to change the time of your appointment, please contact the relevant healthcare organisation to do so.

## Fasting and pre-existing medical conditions

Some medical conditions and poor health give an exemption to fasting during Ramadan. If you have pre-existing health conditions and would like more information on whether you should fast, please consult your medical team ahead of Ramadan.

You can also refer to the **British Islamic Medical Association (BIMA)'s Ramadan guidance**

For more information visit the **British Islamic Medical Association website**