

# BENCHILL MEDICAL PRACTICE

SUMMER 2024 NEWSLETTER



## WELCOME BACK...

We are sorry for the delay in this issue, but we are back with another newsletter with lots of information about the Practice and your health over the summer period.

[www.benchillmedicalpractice.nhs.uk](http://www.benchillmedicalpractice.nhs.uk)

Benchill Medical Practice 

## IMPORTANT UPDATES



**New Members of Staff:** We have recently welcomed a New Nurse and some New Receptionists. Please be mindful of this and have patience with them while they are learning the Practice systems.

**Check & Cancel:** Our telephone provider has recently added a new feature. It enables patients to be able to check and cancel their appointments through the options when you call the Surgery. Please let us know if you come across any issues with this feature.



**Armed Forces veteran friendly accredited GP practice**

This Month we have been accepted as an

**Armed Forces Veteran Friendly Accredited GP Practice.**

We are extremely proud to be apart of this programme.

If you are a veteran and we don't know about this please let Reception know so we can update your Record.

For more information about the Programme and support available please visit:

[www.benchillmedicalpractice.nhs.uk/health-information/military-veterans/](http://www.benchillmedicalpractice.nhs.uk/health-information/military-veterans/)



## AUGUST BANK HOLIDAY

Monday 26th August  
**August Bank Holiday**

**CLOSED**

You can order your prescriptions Online via the NHS App or by calling into Reception.



**Please remember that 48hours notice is required.** This is to allow us time to do the prescription and the Doctor to sign it.

**IN THE EVENT OF A MEDICAL EMERGENCY PATIENTS SHOULD**

**CONTACT NHS 111 BY**

**111 OR  WWW.111.NHS.UK**



## SAFETY WHEN SUNBATHING

Did you know that getting burnt five times, more than doubles your risk of developing potentially deadly melanoma? That's why it's so important to stay protected when in the sun, even in the UK. Make sure to wear sun cream that's at least SPF 30 with at least 4- star UVA protection, and spend time in the shade during the sun's hottest hours (11am-3pm). Children and babies are much more sensitive to the sun than adults, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life. Children aged under 6 months should be kept out of direct strong sunlight.

For further information please visit: [www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/](http://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/)

## OLYMPICS 2024

The Olympics 2024 are being held in Paris this year! We wish all the athletes success in their events.



For those taking part in Paris 2024, a majority are likely to suffer in some way from the same chronic condition. Between 15 and 20 % of Olympic athletes have asthma.

## PARIS 2024



Doing exercise regularly can help to reduce lower the risk of developing many long-term conditions Such as heart disease, type 2 diabetes, stroke, and some cancers?

There are lots of fun and alternative sports out there and watching the Olympics could help you find an exercise you may want to try.

## IMPORTANT AWARENESS MONTHS

### JUNE

Pride  
Alzheimer's Awareness  
Men's Health

### JULY

IUV Safety  
Good Care  
Sarcoma Awareness  
National Picnic Month

### AUGUST

Cycle to Work Day  
Hair Loss Awareness  
Psoriasis Awareness  
Breastfeeding  
National Opportunity Day