



# LATEST NEWS

Firdale Medical Centre, April-June

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## Parkrun

The practice have completed four parkruns, since becoming a parkrun practice! Our progress in numbers and efforts has increased each month, and were certainly feeling the benefits of taking part in this fantastic event!

We want to emphasize that it is absolutely fine to walk the event, in fact it is encouraged! Parkrun has

a voluntary tail walker, so that no one ever comes last. If this event is something that you would like to take part in, but you're not yet comfortable with running or walking 5k you also have the choice to volunteer. You can find out more, and you can sign up to the event for free on their website- <https://www.parkrun.org.uk/>







# You know you want to quit. We know you can.

It's never too late to quit smoking.

For free quitting support search 'smokefree'.



Smoke free

# Our Gardening Afternoon

Thank you to our fantastic volunteers for helping us on a sunny afternoon in April! The front of the building had a good tidy-up. There was a lot of weed-ing to be done, and we then planted some bulbs and sprinkled wildflower seeds.

Vee, Josh and Vince, thank you for your hard work, we are still waiting for our flowers to pop up, but we are looking forward to our building looking lovely for all the patients and staff to enjoy.



## Defibrillators Northwich Town Council area & Hartford

(If you're curious about your local area, contact your local parish council)

### Did you know...

That when a 999 call is made, if a defibril-lator is required, the operator will advise where the nearest defibrillator to you is.

We think that being aware of where defib-rillators are in your local area is a priceless piece of knowledge. See the list below:-

Witton Cemetery

Vickersway Park

Church Walk Play Area

Victoria Road Primary School

Owen Street – Gary’s Barber

Buxton Accountants, Agecroft Road

Shurlach Methodist Church

Old Hall Road Telephone Box

Northwich Rowing Club

Castle Sports and Social Club

The Iron Bridge Pub

The Greenbank Hotel

Greenbank Hub

Moss Farm Leisure Complex

Northwich Driving Test Centre

Winnington Community Build-ing

Lucky Pete’s Chippy

Nat West Bank

Pound Bakery

Corner of Meadow Street

Puddle Ducks, Northwich

Barons Quay Car Park Stair Well

Northwich Performance, Navi-gation Road

Barcode Barbers

After 5 Chinese

Northwich Methodist Church

Cricket Pavillion, Grange Park

Telephone Box, Village Hall

The Grange School

Hartford Hall Hotel

Outside Williams Estates

The Green Field Pavillion,



### The Firdale Family

We thought it may be beneficial to our patients if they knew the roles within their GP practice, what they do and how they can help you. We are starting this month with our Practice Manager– Marek.

**How long have you worked at Firdale?** I have worked at Firdale since summer 2019 and what a 5 years... First the Covid hits in February 2020 only 6 months after I started, giving me very little time to settle in before everything stands on the head. But all in all past 5 years have been one of the best working years in my life thanks to the team at Firdale.

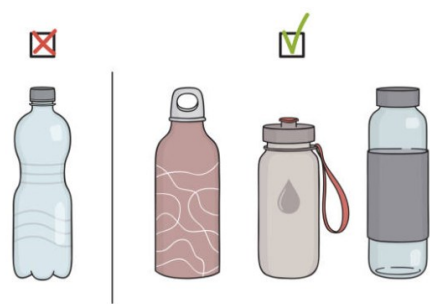
**What are your daily tasks?** My tasks vary greatly depending on the circumstances and priorities, but my main duty is to ensure the practice operates efficiently and effectively.

**What is your favourite thing about your job/working at Firdale?** The teamwork and commitment from the staff team.

**What is something that you have learnt since working here?** That working for NHS is ever changing challenge and that you cannot prepare enough for what is ahead. I learned that without commitment from the people like us services we provide would not be able to function effectively.

Safely hydrating

Water is a healthy and cheap choice to keep you hydrated, particularly in the warmer weather. The quality of tap water in the UK is very high and is routinely monitored to ensure it meets drinking water quality standards. Chlorine is added continuously during water treatment, as a way of getting rid of harmful germs, and a small amount of chlorine remains in your tap water. If you find the taste of chlorine unpleasant, a good tip is to put a jug of tap water in the fridge. This will naturally reduce any chlorine smell or taste. Cover the jug and use within 24 hours, any leftover after that can be used to water your plants or wash your dishes.



Single-use plastic bottles are expensive to produce, and they also create huge amounts of waste. Most types of plastic bottles are safe to reuse at least a few times if properly washed with hot soapy water, but they are not always safe for repeated prolonged use because there’s a chance that chemicals may leak out of the plastic over time. It’s better to use a bottle or flask that’s specifically designed to be refillable and it’s important to keep your water bottle clean (particularly when you are out and about over the summer) to prevent the growth of harmful bacteria:

- Always wash your refillable bottle in warm soapy water after you've used it
- Try to avoid touching near the opening of the bottle
- When you are refilling, don’t let your bottle/flask come into direct contact with the tap

Lots of shops and businesses now offer free water refills, so it’s worth taking your refillable bottle out with you to stay hydrated and reduce plastic pollution.

Sun Safety

Sunburn does not just happen on holiday! You can burn in the UK, even when its cloudy. Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from the sunlight.

Sun Safety Tips for the upcoming months:-

- Spend time in the shade between 11am & 3pm
- Never burn
- Cover up with suitable clothing & sunglasses
- Take extra care with children
- Use at least factor 30



How to enjoy the sun safely



**Seek shade**  
Take a break under trees or umbrellas, especially in the middle of the day when the sun is strongest.



**Cover up**  
Wear a top that covers your shoulders, a wide-brimmed hat and UV-protection sunglasses.



**Apply sunscreen**  
Pick one with at least SPF 30 and 4 or 5 stars. Use it generously and regularly.