

SUNLIGHT GROUP PRACTICE

Summer Newsletter - July 2023



USEFUL INFORMATION

TELEPHONE: 0151 644 0055

OUT OF HOURS: 111

PRESCRIPTION REQUESTS: Please use the NHS App. A link can be found on the practice website.

WEBSITE: sunlightgrouppractice.nhs.uk

 facebook.com/sunlightgrouppractice

 twitter.com/SunlightGP

Bank Holiday Closures

Please note the practice will be closed Monday 28th August 2023 for the Summer bank holiday
Monday 25th December for Christmas Day
Tuesday 26 December for Boxing Day

Protected Learning Time Closures

The Practice will be closed the afternoons of:
Thursday 13th July
Thursday 12th October

KEEPING WELL THIS SUMMER

SUN SCREEN AND SUN SAFETY TIPS

Make sure you:

- Spend time in the shade between 11am and 3pm, in the UK this is when the sun is strongest between March-October
- Never burn
- Cover up with suitable clothing and sunglasses
- Take extra care with children

When buying sunscreen, the label should have a sun protection factor (SPF) of at least 30 to protect against UVB and at least 4-star UVA protection.

Find out more information on the [NHS website](https://www.nhs.uk)

KNOW THE RISKS

Heat exhaustion is caused when the body loses excess water, salt, and sugars through sweating. It can be treated by having plenty to drink, keeping out of the sun, and knowing how to cool down.

Heatstroke occurs when the body's temperature becomes dangerously high and the body is no longer able to cool itself. Symptoms include confusion, headache, nausea, and muscle cramps.



SOCIAL SUPERMARKETS IN WIRRAL

HERE A FEW OF THE SOCIAL SUPERMARKETS IN THE LOCAL AREA THAT ARE AVAILABLE FOR USE BY LOW INCOME HOUSEHOLDS IN THE LOCAL AREA.

Shaftesbury Youth Club
60 Mendip Road Tranmere CH428NU
Mon, Tue, Thurs 9:30am-3pm
Wed+Fri 9:30am-11:30am

Nightingale's Café, 80/90 Argyle Street,
B/head CH416AG
Mon-Fri 9am-2pm

Charlotte's Brightside Social
Supermarket Molyneux Drive New
Brighton CH451JT Mon+Tue 2pm-4pm
Wed+Thurs 11:30am-1:30pm

TO FIND MORE CLICK :

[https://www.wirralinfobank.co.uk/Search?](https://www.wirralinfobank.co.uk/Search?keywords=social+supermarket&udg=False&distance=&Lat=&Lon=&origLoc=&location=)
[keywords=social+supermarket&udg=False&distance=&Lat=&Lon=&origLoc=&location=](https://www.wirralinfobank.co.uk/Search?keywords=social+supermarket&udg=False&distance=&Lat=&Lon=&origLoc=&location=)

COST OF LIVING SUPPORT

FIND BELOW SOME USEFUL LINKS FOR SUPPORT IF YOU ARE STRUGGLING WITH THE COST OF LIVING CRISIS

CITIZENS ADVICE:

Get help with the cost of living - [Citizens Advice](#)

COMMUNITY FOOD SUPPORT :

[COMMUNITY FOOD SUPPORT | Wirral InfoBank](#)

WIRRAL FINANCIAL SUPPORT SCHEME :

[Wirral's Financial Support Scheme - Wirral Borough Council | Wirral InfoBank](#)

LOW COST & FREE ACTIVITIES :

[Hobbies and things to do | Wirral InfoBank](#)

SERENITY GARDEN

Volunteers needed to help maintain the Serenity Garden at Eastham Group Practice.
You can get involved if you are a military veteran registered at:

- The Orchard Surgery
- Allport Surgery
- Eastham Group Practice
- Civic Medical Centre
- Spital Surgery
- Sunlight Group Practice
- If you would like to get involved please email helen.vale15@nhs.net

The Serenity Garden Poster: [Serenity Garden Poster](#)

MENTAL HEALTH SUPPORT

TOP TIPS FOR ANXIETY

It's important to recognise symptoms of anxiety, the reasons for them and how to action.

Get active - download the free NHS Couch to 5k or Active 10 apps

Set up a daily worry time - to go through your concerns

Reduce tension - with mindfulness and meditation exercises

Challenge unhelpful thoughts - try to replace them with more realistic ones

Sign up to anxiety easing emails - on the Every Mind Matters website



Search Every Mind Matters:
<https://www.nhs.uk/every-mind-matters/>



PATCHS

PATCHS now operates 07:00 – 12:00 Monday to Friday (excluding public holidays). This allows those with other commitments to access PATCHS before the practice opens. Your PATCHS will be triaged and responded to within 2 working days, sooner if appropriate.

Any requests or queries not relating to medical treatment, such as sick note requests, can be sent to our reception email. Please make sure you include the relevant information when emailing so that your request can be processed accurately and in a timely manner.

Please note that the practice may close PATCHS earlier than advertised if capacity is exceeded. If you need to speak to a clinician urgently, on the day you can phone the surgery.

PRESCRIPTIONS

Please be mindful of any upcoming bank holidays or closures when sending in your prescription requests, leaving plenty of time to ensure you have any medication you may need.

