

Hampton Surgery May 2017

The Practice is deeply saddened to hear of the passing of Frances Linn. As a prominent member of the practice patient participation group she worked tirelessly to improve patient care both at the surgery and also in the wider healthcare community within Solihull. She will be sorely missed by all those that knew her.

Over the counter costs versus NHS prescription

Every time you order a prescription from the surgery it is paid for by the increasingly cash-strapped NHS and ultimately the taxpayer. Getting medicine on prescription costs much more than buying over the counter due to your doctor's and local pharmacist's time taken in dealing with appointments, handling prescriptions and dispensing medication.



You do not need a prescription from your GP for many common medications such as antihistamines, dermatology creams and pain killers and it is often cheaper to buy them that way rather than spend £8.60 on a prescription.

At the moment 16 paracetamol tablets can be brought from Tesco's & Morrison's for 30p, 40p at Sainsbury's and 45p at Superdrug.

It is for this reason many local commissioning groups are introducing policies to change how we prescribe some medicines that can easily be bought at a supermarkets or chemists, these are common sense changes that will help to bring down our prescription spend without impacting on health and social care and it will effect some of the medications you may previously have had on prescription. Where clinically appropriate, with certain items on prescriptions, your doctor will now encourage you to purchase them yourself at your local chemist or supermarket.

Your local pharmacist is also an accessible and convenient way to get more information about medications that can be brought over the counter more cheaply than on prescription. He or she has the knowledge and skills to help and advise you on treating common conditions and minor ailments, what to keep in your medicine cabinet and local services that are available to you.

**IF YOU OR SOMEONE YOU KNOW NEED THIS NEWSLETTER TO BE MADE
AVAILABLE IN A BIGGER PRINT PLEASE CONTACT THE SURGERY ON
01675 442510.**

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Primary Eyecare
Heart of West Midlands Ltd



A new local service is available if you have a recent eye problem– such as sore eyes, red eyes or visual disturbance – you can be seen by your local Minor Eye Conditions Service. If you are unsure whether your symptoms can be assessed and treated by the service, please contact a participating optician who will advise you.

Ask at the surgery for more information or see which optometrist is offering this service by going to the website – www.eyecarewm.co.uk.

With the summer on its way remember while most of us welcome hot weather, it can bring with it health risks. Please take to note the tips below for coping in hot weather

- Shut windows and pull down the shades when it is hotter outside. You can open the windows for ventilation when it is cooler.
- Avoid the heat: stay out of the sun and don't go out between 11am and 3pm (the hottest part of the day) if you're vulnerable to the effects of heat.
- Keep rooms cool by using shades or reflective material outside the windows. If this isn't possible, use light-coloured curtains and keep them closed (metallic blinds and dark curtains can make the room hotter).
- Have cool baths or showers, and splash yourself with cool water.
- Drink cold drinks regularly, such as water and diluted fruit juice. Avoid excess alcohol, caffeine (tea, coffee and cola) or drinks high in sugar.
- Listen to alerts on the radio, TV and social media about keeping cool.
- Plan ahead to make sure you have enough supplies, such as food, water and any medications you need.
- Identify the coolest room in the house so you know where to go to keep cool.
- Wear loose, cool clothing, and a hat and sunglasses if you go outdoors.
- Check up on friends, relatives and neighbours who may be less able to look after themselves.

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