HEALTH EVENTS CALENDAR 2013

June 2013

UK SANDS Awareness Month
Stillbirth & Neonatal Death Association
Www.uk-sands.org

Cervical Screening Awareness Week
9-15th June
Www.jostrust.org.uk

National Family Week
4-10 June
Www.nationalfamilyweek.co.uk

Diabetes Week
10-16 June
Www.diabetes.org.uk

National Mens Health Week: Heart Health
Mens Health Forum
11-17 June
Www.menshealthforum.org.uk

Carers Week
Carers UK (and partner agencies)
18-24 June
Www.carersweek.org

Learning Disability Week
Mencap
17-23 June
Www.mencap.org.uk

Breast Feeding Awareness Week
Dept of Health
23-29 June
Www.dh.gov.uk

Events for the remainder of the year have not yet been released.

URGENT HEALTH CARE IN ROSSENDALE

Minor Injuries Unit (MIU)
Rossendale Primary Health Care Centre

A MIU is available at the Rossendale Primary Health Care Centre. It provides treatment for patients with common injuries and conditions, such as scalds, burns, cuts, stings, bites and suspected broken bones which although not life-threatening do still need urgent medical attention.

The MIU is open 7 days a week, 365 days a year from 8am—8pm. No appointment is necessary.

USEFUL TELEPHONE NUMBERS

CO-OP Pharmacy - 01706 214120
Cohens Pharmacy—01706 216429
Helmshore Pharmacy—01706 219920
Health Visitors - 01706 242354
Community Link - 01706 214621
Podiatry - 01706 253500
X-Ray—01706 253517
Rossendale Hospice—01706 253633
Midwives—01706 238355
Haslingden Health Centre Treatment Room - 01706 605150
Dental Helpline - 0845 53 33 230

NHS 111—IF YOU REQUIRE URGENT MEDICAL ADVICE OR ATTENTION WHEN THE SURGERY IS CLOSED PLEASE PHONE 111 AND YOU WILL BE DIRECTED TO THE MOST APPROPRIATE SERVICE.

** IF YOU HAVE ANY SUGGESTIONS FOR FURTHER NEWSLETTERS PLEASE CONTACT ANNETTE COOPER **

Summer Newsletter

Stay Safe in the Sun

The holidays are almost upon us, here is some sensible advice on looking after your health whilst in the sun.

Sunstroke or heatstroke is caused by prolonged exposure to hot temperatures, it can be serious if not treated. Cool the person down, ensure they drink plenty of water and seek medical advice.

Prickly Heat is a very itchy red skin rash causing a prickling or burning feeling. Anti-histamine creams or tablets will relieve the itch.

It is important to wear a high protection factor sun cream. Don't stay in the sun for long periods and always drink plenty of water when you are out in the sun.

Children should wear long sleeved cotton tops, a hat and a high-factor waterproof sunscreen.

Treatment for Sunburn: Get the person out of the sun, cool the skin where possible with cool running water, give pain killers and apply a cooling after sun lotion.
If you are setting out for sunnier climes or risking the weather in Cornwall, here's some sensible advice on looking after your health whilst on holiday.

- Check with the travel agent if you require vaccinations for your holiday—these are best given 4-6 weeks before you go.
- Always pack a first aid kit
- When abroad, avoid direct sunlight from 12noon-2pm (3pm in the tropics).
- Never lie in the sun to dry off after swimming, your skin will burn in a matter of minutes.

**Travel Clinic**

We offer a comprehensive range of travel vaccines and travel advice. Unfortunately we are unable to offer yellow fever vaccinations.

If you require injections prior to travelling abroad please see the nurse approximately 4-6 weeks before travel. This allows time for immunisations to be given. If you are unsure whether or not you require injections or malaria prophylaxis for your travel, our nurse will be pleased to advise you.

There are charges for some travel vaccinations, the nurse will advise you of this.

For further information and travel advice please see this very useful website www.nathnac.org.

---

**Urgent Appointment System / Triage**

When you request an “urgent” on the day appointment, your request will be assessed be a GP or Nurse Practitioner. The Receptionist will take your contact details, and the GP or Nurse Practitioner will ring you back in a timely manner and will decide on an appropriate course of action. This system has been introduced because there is a huge demand for urgent appointments, quite a lot are not actually urgent and this is not fair on the people who try to book genuine urgent appointments.

**Rosendale Minor Injuries Unit (MIU) Rossendale Primary Health Care Centre, Bacup Road, Rawtenstall. 01706 253650.**

The Centre provides treatment for patients with common injuries and conditions, such as scalds, burns, cuts, stings, bites and suspected broken bones. The MIU is open 365 days per year 8am-8pm.

**NO APPOINTMENT NECESSARY**

**EXTENDED OPENING HOURS**

Tuesday we do our extended opening hours. We have doctors appointments available from 7.20am till 7.20pm. The Nurse Practitioner is available from 7.30am till 6.15pm and we have a Practice Nurse and Assistant Practitioner from 7am.

**MINOR HEALTH PROBLEM ???????**

We participate in the Pharmacy First Minor Ailment Scheme. Please speak to a receptionist for more details and to obtain a card.

---

**Measles Outbreak**

See NHS Choices Website

We will issue further advice as soon as we get information from the Clinical Commissioning Group, please see our website for further updates @ www.haslingdenmedicalgrouppractice.nhs.uk

**Dr Sellens Retires**

Dr Sellens was a full time partner from 1989, but from April 2012 largely worked in Musculo-Skeletal medicine but he still did 1 session a week in the practice until his retirement.

**Dr Towers Retiring**

Dr Towers retires in July. He is currently away from work due to personal and family reasons.

**Maureen Bidwell—Business Manager Retires**

Maureen retires May 2013 after being with the practice for over 20 years. We wish her well.

**Heather Hoey—Strategic Manager**

We welcome Heather who joined the practice at the beginning of May 2013 as Strategic Manager.

**Building Work**

Building work was completed in March this year.