

Lyme Bay Medical Practice

Summer Newsletter

June 2023



Issue No 4

Welcome to our Summer Newsletter

We hope you have all managed to enjoy some of the sunshine we have been experiencing recently. This newsletter includes some advice regarding keeping safe in the sun - Remember to keep yourselves hydrated as well.

We have some information on the availability of a covid booster clinic in Lyme Regis next Friday 16th June, an IT clinic on 14th June for anyone struggling to use NHS apps and online services as well as an Open Meeting on 20th June at Uplyme Village Hall; so, lots going on at the moment.

We also had a carers walk in session at the Lyme Regis Medical Centre which was well attended so thank you to all who came along.

If you have any suggestions for items to be included in any future newsletters please email:
administrator.lyme@dorsetgp.nhs.uk

Covid Boosters at Lyme Regis Medical Centre

Friday 16th June 10am-4pm

The Dorset Healthcare vaccinating team will be at Lyme Regis Medical Centre to offer covid boosters between 10-4 on Friday 16th June. This is a walk-in clinic so just come along between these times for your booster. You are eligible for the seasonal booster if you:

Are aged 75 or over (you need to have turned 75 on or before 30th June 2023)

Live in a care home for older adults

Are aged 5 or over and have a weakened immune system (There is further information regarding who is eligible on the following NHS Website [Getting a booster dose of the COVID-19 vaccine - NHS \(www.nhs.uk\)](https://www.nhs.uk))

You should have received a text message or letter from the NHS if you are eligible.

If you're at increased risk from COVID-19 due to a medical condition but you do not have a weakened immune system, you're not able to get a further COVID-19 vaccination this spring. You should still have some protection against severe COVID-19 from previous doses.

If you are under 75 years old (by 30th June) please bring along:

An NHS letter which describes the condition or treatment that weakens your immune system OR

A prescription or medicine box with your name and a recent date to show you have a weakened immune system.

If you are unable to attend on this date you can book your seasonal booster online at [Book, cancel or change a COVID-19 vaccination appointment - NHS \(www.nhs.uk\)](https://www.nhs.uk) or by telephoning the booking service on 119.

Reminder

Please ensure that we have your correct home address, landline, mobile and email contact details. We also need to have your permission to be able to send SMS text and email messages, including copies of our newsletter. To agree to this function and to update your details please email administrator.lyme@dorsetgp.nhs.uk

Lyme Bay Medical Practice

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Your Patient Participation Group (PPG)

Public Open Meeting, arranged by the Patient Participation Group

Tuesday 20th June, 7.00pm, at Uplyme Village Hall

Building seamless health and care: rhetoric or reality?

Are NHS and social care services 'breaking'? How can the local Integrated Care System fix things to shape the future? Will there be real health and care benefits 'on the ground' for our community?

Join us to hear from Kate Calvert, a senior officer of the NHS Dorset Integrated Care Board with responsibility for community and primary care. You can ask questions, make suggestions and share your wishes and needs. Many of the pieces for an integrated care system already exist, but not yet well tied together as people experience them.

The meeting is planned as a public conversation about services. In the words of its Chair, the Integrated Care Board "will listen to people and communities ... see things from their perspective, and co-design the services that people really need." So will we see simplification, more integration and greater accountability, with clear pathways of care, not a quagmire? This is our chance to be heard and to understand the system better.

Kate will be assisted by Dr Forbes Watson in his capacity as Chair of the Dorset GP Alliance, but the event will deal with matters far wider than GP provision, covering many aspects of non-hospital care from cradle to grave, community and mental health services, social care, public health, voluntary services, etc.

Kate will welcome people's ideas in advance, so that she can share what really matters to us. Please email your thoughts and questions, no later than Wednesday 14 June, to: lymebayppg@gmail.com, with the subject line '20th June', or drop a note into the red 'Messages for the PPG' box in the entrance to Lyme Regis Medical Centre or Charmouth surgery.

The meeting is open to anyone interested, wherever they may be registered with a GP. Please come along to join the conversation and to show NHS Dorset that the far west of the county matters! And please tell your friends and neighbours.

Would you like to become Web Wise

Would you like help with:

- **Ordering medication on-line**
- **Completing an e-consult**
- **Some general guidance on digital systems at the Practice**

Come to our Web Wise Session at Lyme Regis Medical Centre

On Wednesday 14th June

Between 9.30-4.30pm

Drop in will be offered subject to availability, please

call 01308 428943 to book an appointment to avoid disappointment



Sunscreen and Sun Safety

Advice for adults and children on sunscreen and sun safety in the UK and abroad.

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects.

Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 30 sunscreen

What factor sunscreen (SPF) should I use?

Do not rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 30 to protect against UVB
- at least 4-star UVA protection

UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.

Make sure the sunscreen is not past its expiry date.

Do not spend any longer in the sun than you would without sunscreen.

What are the SPF and star rating?

The sun protection factor, or SPF, is a measure of the amount of ultraviolet B radiation (UVB) protection.

SPFs are rated on a scale of 2 to 50+ based on the level of protection they offer, with 50+ offering the strongest form of UVB protection.

The star rating measures the amount of ultraviolet A radiation (UVA) protection. You should see a star rating of up to 5 stars on UK sunscreens. The higher the star rating, the better.

The letters "UVA" inside a circle is a European marking. This means the UVA protection is at least a third of the SPF value and meets EU recommendations.

Sunscreens that offer both UVA and UVB protection are sometimes called broad spectrum.

How to apply sunscreen

Most people do not apply enough sunscreen.

As a guide, adults should aim to apply around 6 to 8 teaspoons of sunscreen if you're covering your entire body.

If sunscreen is applied too thinly, the amount of protection it gives is reduced. If you're worried you might not be applying enough SPF30, you could use a sunscreen with a higher SPF.

If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied twice:

- 30 minutes before going out
- just before going out

Sunscreen should be applied to all exposed skin, including the face, neck and ears, and head if you have thinning or no hair, but a wide-brimmed hat is better.

Sunscreen needs to be reapplied liberally and frequently, and according to the manufacturer's instructions.

This includes applying it straight after you have been in water, even if it's "water resistant", and after towel drying, sweating or when it may have rubbed off.

Water washes sunscreen off, and the cooling effect of the water can make you think you're not getting burned. Water also reflects ultraviolet (UV) rays, increasing your exposure.

It's also recommended to reapply sunscreen every 2 hours, as the sun can dry it off your skin.

Children and sun protection

Take extra care to protect babies and children. Their skin is much more sensitive than adult skin, 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.

From March to October in the UK, children should:

- cover up with suitable clothing
- spend time in the shade, particularly from 11am to 3pm
- wear at least SPF30 sunscreen

Apply sunscreen to areas not protected by clothing, such as the face, ears, feet and backs of hands.

To ensure they get enough vitamin D, all [children under 5 are advised to take vitamin D supplements](#).

Over-the-Counter (OTC) Medications

We are being asked to review our prescribing for over-the-counter medication.

- ❖ Please do not ask for a prescription for medications that are available to buy from pharmacies or supermarkets. Your request may well be refused.
- ❖ If it is currently on your repeat list, we would like to ask you to consider if you could purchase it yourself.

NHS England has developed guidance to advise GP's regarding prescribing for self-limiting conditions. These are conditions that do not need treatment and will generally heal or be cured of their own accord or are easily treated by buying readily available medications without the need to consult medical practitioners. This is because, in the year prior to June 2017, the NHS spent approximately £569 million on prescriptions for medicines, which could otherwise be purchased over the counter (OTC) from a pharmacy and/or other outlets such as petrol stations or supermarkets.

By reducing spend on treating conditions that are self-limiting or amenable to self-care these resources can be used for other higher priority areas that have a greater impact for patients, support improvements in services. The costs to the NHS for many of the items used to treat minor conditions are often higher than the prices for which they can be purchased over the counter as there are hidden costs. For example, a pack of 12 anti-sickness tablets can be purchased for £2.18 from a pharmacy whereas the cost to the NHS is over £3.00 after including dispensing fees. The actual total cost for the NHS is over £35 when you include GP consultation and other administration costs.

A wide range of information is available to the public about health promotion and the management of minor self-treatable illnesses. Many community pharmacies are also open extended hours including weekends and are ideally placed to offer advice on the management of minor conditions. The Royal Pharmaceutical Society offers advice on over-the-counter products that should be kept in a medicine cabinet at home to help patients treat a range of self-treatable illnesses.

More cost-effective use of stretched NHS resources allows money to be spent where it is most needed, whilst improving patient outcomes. As an example, every £1m saved on prescriptions for over-the-counter treatments could fund (approx.) • 39 more community nurses; or • 270 more hip replacements; or • 66 more drug treatment courses for breast cancer; or • 1000 more drug treatment courses for Alzheimer's; or • 1040 more cataract operations.

Any savings from implementing the proposals could be reinvested in improving patient care.

As we move through the summer months, please consider the NHS annual spend on some of the following conditions.

Mild/Moderate Hay fever/Seasonal Rhinitis	£1,100,000
Sunburn due to excessive sun exposure	£33,000
Insect bites and stings	£5,300,000
Ringworm/Athletes foot	£3,000,000
Travel Sickness	£4,500,000

Please help us to manage our budgets and use the money we have in the best way possible.

www.england.nhs.uk/wp-content/uploads/2018/03/otc-guidance-for-ccgs.pdf?UID=90995098620235318549

Practice Statistics - March – May 2023

☐ 13,342

Attended Appointments

☐ 20,915

Telephone Calls Answered

☐ 16,820

Medications Prescribed

☐ 293

Home Visits

☐ 377

Patients Did Not Attend Appointments

☐ 120

Clinical Hours wasted

☐ 99

New Registrations

☐ 1,008

E-Consults Processed

☐ 8,962

Total Patients Registered