

# Patient Newsletter



## Current Health Campaigns – June, July, August

June 2022

### 6-12 June National Carers week

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.



### Change4life- Sugar awareness

July 2022

Change4Life aims to help families lead healthier lives by eating well and moving more. Change4Life is now a trusted and recognised brand, with 97% of mothers with children aged 5-11 associating it with healthy eating.



### Better Health- Every mind matters

August 2022

The impact and experience of the past 18 months has been different for everyone, as have our reactions, but there's no doubt it's been a difficult time for us all. That's why it's so important to look after our mental health and wellbeing; now more than ever.

At the heart of the campaign is the free, NHS-approved [Mind Plan](#). By answering five simple questions online, adults will get a personalised mental health action plan with practical tips to help them deal with stress and anxiety, boost their mood, sleep better, and feel more in control. To date, over 3.4 million **Mind Plans** have been created. This campaign will encourage more people to get their own Mind Plan to improve their knowledge, confidence, and motivation to take action and find what works for them to care for their mental health.

## Preparing to travel this summer

### Be destination aware

What vaccinations are recommended for the place you are visiting? You can check this by visiting [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

Be sure to book any vaccinations well in advance as they may need to be ordered in and you will need to pre book your appointment for this

### Hormone delay

If you would like to delay your period due to travel, make sure you do this well in advance of travelling as this would not be classed as an emergency and you may have to wait for an appointment. Alternatively, you can access some pharmacies who do offer a travel clinic service and will be able to assist with this.

Country specific health and safety advice can be found at [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice)

### Pack a basic first aid kit

Make sure you have enough medication to take with you

Note down any emergency numbers you may need

Be sun savvy and use a high protective factor sunscreen with a UVA logo

## Patient Participation Group

**Our next Patient Participation Group (PPG) meeting is scheduled for September 2022.**

**Keep a look out on Facebook and the website for the confirmed date!**

**[www.thechorleysurgery.com](http://www.thechorleysurgery.com)**

**[www.facebook.com/thechorleysurgery](https://www.facebook.com/thechorleysurgery)**

We welcome all of our patients along to our PPG meetings. These are informal gatherings led by the GP partners and we encourage patients to give their ideas on how we can develop the surgery to meet their needs.

We as a surgery will update you on any developments within the surgery and changes being made and we will most certainly take on board any suggestions and try to implement where possible.

Your suggestions and feedback are key to us in trying to provide a surgery beneficial to you.

So, come along and let us know what you think!



### CONTACT US

You can find information about the surgery, booking appointments, and lots of other useful information via:

**Website:** [www.thechorleysurgery.com](http://www.thechorleysurgery.com)

**Facebook:**

[www.facebook.com/thechorleysurgery/](https://www.facebook.com/thechorleysurgery/)

**Telephone number:**

**01257 513970.**

**'Striving for excellence in healthcare for You and Your Community'**

## Healthier planet, Healthier people

**What has the NHS got to do with the climate crisis?**

**Did you know.....**

The NHS contributes 4-5% of the UK's carbon emissions (for comparison 5.9% of our carbon footprint relates to air travel).



The Chorley Surgery are working towards becoming a greener practice. We are hoping to implement new 'greener' things each month. Here are three new things we have implemented in July, which you could do too at home:

- ✓ We are using biodegradable plastic bags
- ✓ We are using biodegradable plant based tea bags
- ✓ We are recycling all our batteries and using rechargeable ones where possible

