**Looking after yourself in the summer**

The average British summer is not known to be that hot. But almost certainly there will be heatwaves during these months. As pleasant as it is to be out in the sun it is best to protect yourself with high factor sunscreen, a hat and plenty of fluids. Sitting in the shade is also beneficial as even with high factor sunscreen skin can be damaged with too many hours out in the sun.

Most medications can be stored at room temperature but please be aware if extreme heats occur, please store your medications out of sunlight, in the coolest place possible (not the fridge) as the efficacy of your medication may be affected.

We hope that the summer is enjoyable for you all and that sunburn and heat exhaustion are not something you will suffer with.

**Changes to booking appointments**

Did you know it is now much easier to access practice appointments?

From Mid-May we changed how we booked patient appointments to stop the inconvenience of calling back at 8am each morning. We now have an open book of appointments for the rolling two weeks meaning that you could call at anytime throughout the week and have access to an appointment within the next two weeks. We hope this will also help patients who can only attend certain days around work schedules and also for those who do not have access to call at exactly 8am on the morning you can attend.

**Patient Participation Group**

The PPG meet alternative months at 1pm followed by a 6pm meeting the next time. We encourage as many patients to join the group and for anyone who finds it difficult to attend in person you can still sign up to receive the agenda and minutes so that you are up to date with what is happening in practice.

To join the group please contact the practice after 3pm.

**Contact Abbie to book onto our**

**PATIENT PARTICIPATION GROUP MEETING**

Summer 2023

Patient Participation Group Newsletter