

News from Holbrook and Shotley Surgery

Ipswich and East Suffolk CCG Paracetamol Campaign

A campaign is now running to raise awareness of the £1m annual spend on paracetamol. Our CCG is keen to reduce this and has asked that patients don't request paracetamol on prescription. For more information go to <http://www.ipswichandeastsuffolkccg.nhs.uk/Newsevents/Featuresandcampaigns/Paracetamol.aspx>

Summer "Slip, Slap, Slop" and the Heat Wave advice

Should we have a Heat Wave over the summer, there are sensible steps everyone can take to avoid heat stroke. Those particularly at risk are those with heart, respiratory and serious health problems, those aged over 75, as well as babies and young children. The general rule is to: "Slip on a shirt, Slap on a hat and Slop on some sunscreen". The NHS Choices website has more advice at <http://www.nhs.uk/summerhealth> .

Training afternoons

Our next training session is on Wednesday 24th June; no meetings are planned for July and August. Both sites will be closed from 1pm and you will be unable to call in, collect prescriptions or telephone us. If you have a medical query that cannot wait until the following day please ring 111 (or 999 in an emergency).

Julia Smith
Practice Manager