

# QUEDGELEY MEDICAL CENTRE PATIENT NEWSLETTER

May 2025

## LATEST NEWS

### MOVING FROM TEXT MESSAGE TO EMAIL

GP surgeries are being asked to help reduce the enormous cost to the NHS of sending text messages to patients. Every text message we send incurs a cost.

We are therefore working towards sending more correspondence via email.

We will continue sending the following via **text message**:

- Appointment confirmations and reminders
- Requests for home blood pressure readings

We will start sending more of the following via **email**:

- Requests for photos of skin complaints
- Information about Practice closures/changes

If you have previously provided us with your email address, you will automatically start to receive correspondence via email.

#### **Adding or Removing email address**

If you would prefer not to receive correspondence via email, please inform us by completing this online form:

<https://quedgeleymedicalcentre.nhs.uk/managing-your-health-online/online-forms/add-or-remove-email-contact/>

If you have not provided us with an email address previously, you can do so by completing the same online form. We will add this to your medical record for future use.

### CAR PARK

Following the extension and refurbishment of the Practice in 2023/24, we have been trying to get the car park work finished.

This will include extending the car park, providing more disabled parking, and improving the curb appeal.

Due to building constraints and regulations, this has been much more complex and expensive than we had anticipated.

We apologise to our patients for the inconvenience and hope to see work starting on the car park soon.

Thank you for your patience.

## ANNUAL HEALTH REVIEWS

### HELP US TO HELP YOU

If you have a certain medical condition, or you are taking certain medications, we will invite you for an annual review.

**The annual review is important in helping us to monitor your health and prevent you from becoming more acutely unwell.**

If you have multiple health conditions or need monitoring for a range of medical needs, we will try to offer you one appointment that looks at everything, making it as convenient for you as possible.

We will be inviting you – either by text message or telephone call – for an appointment during the month of your birthday.



**We're now on Instagram!**  
[@quedgeley\\_gp](https://www.instagram.com/quedgeley_gp)



@quedgeleyGP

# HERE COMES THE SUN...

Most of us welcome hot weather, but when it's too hot, there are health risks. Heatwaves can lead to dehydration, overheating and heat exhaustion.

Beat the heat this summer by:

- Drinking plenty of water.
- Avoiding alcohol and caffeine.
- Dressing appropriately for the weather.
- Avoiding strenuous activity.
- Seek cooler spaces.
- Keeping your home cool.
- Cooling your skin with water if you get too hot.
- Being on the lookout for signs of heat related illness.

For more information visit:

[www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/](http://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/)

## HAY FEVER

Hay fever is a common allergy that causes sneezing, coughing and itchy eyes.

You cannot cure it, but there are things you can do to help your symptoms, or medications you can get from your local pharmacy to help.

We ask that you only contact your GP if you are unable to control your symptoms or manage them with over-the-counter medication, or if you have fever and other signs of infection.

For more advice:

<https://quedgeleymedicalcentre.nhs.uk/news/hay-fever/>

## STAY SAFE IN THE SUN

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

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.

For more advice and guidance, visit:

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>



## PRESCRIPTION REQUESTS

**We strongly encourage patients to use SystmOnline to order repeat medications.**

**SystmOnline** is an online GP system. There is also an App version called **Airmid**.

It allows you to request medications that are on repeat, and, unlike the NHS App, it allows you to add free-text requests and messages to help us understand what you need.

This is especially useful if your normal repeat medication is not showing. Simply type what medication you need.

You can also track your request and see when it has been authorised by us and passed over to your chosen Pharmacy.

Find out more:

<https://quedgeleymedicalcentre.nhs.uk/prescriptions>



## DIABETES PREVENTION WEEK

**26 May – 1 June 2025**

**Whilst type 1 diabetes cannot be prevented, type 2 diabetes is largely preventable through lifestyle changes.**

Around nine out of 10 people with diabetes have type 2 and there are currently two million people in England at high risk of developing type 2 diabetes, which is a leading cause of preventable sight loss in people of working age and is a major contributor to kidney failure, heart attack, and stroke.

As well as the human cost, type 2 diabetes treatment accounts for around 10% of the annual NHS budget.

***Knowing your risk and knowing what help is available is the first step towards preventing type 2 diabetes...***

### **TYPE 2 DIABETES** **KNOW YOUR RISK**

Finding out your risk of type 2 diabetes only takes a few minutes. It could be the most important thing you do today...

<https://riskscore.diabetes.org.uk/start>

### **HEALTHIER YOU** NHS DIABETES PREVENTION PROGRAMME

The Healthier You programme provides tailored, personalised support to help reduce your risk of type 2 diabetes. They can offer in-person sessions or app-based remote sessions, helping you to fit it in around work and life commitments.

<https://preventing-diabetes.co.uk/>