

NEWSLETTER

Summer 2025



WELCOME!! Introducing our new Newsletter, which will include information about who we are and latest news and information.

General Opening Times

Monday to Friday - 8:00am to 06:30pm

please note that daily between 5.30pm and 6.30pm main phone lines are closed but for emergencies an on-call GP is available by calling 01509 277577

Saturday to Sunday – CLOSED

MEET OUR TEAM!!

Say hi to our wonderful nursing team who can assist with many things ranging from skin issues/contraception/smears/blood tests/ECG's and lots more!

Ann—Advanced Paramedic
Cath & Nirmala—Practice Nurses
Julie & Carla—Health Care Assistants

The nursing team are also involved in promoting for the Active Practice accreditation, here are a couple of them taking their daily lunchtime walk around Campus.

Alcohol safety in the sun
4 tips on what to do

- 1 Stay hydrated**
Alcohol is a diuretic, meaning it can dehydrate you. It is important to alternate between alcoholic beverages and water.
- 2 Line your stomach**
Have a meal before you start drinking. Food helps to absorb alcohol.
- 3 Space out your drinks**
Remember to take your time. The effects of alcohol can often be delayed from the point of consumption.
- 4 Know the signs**
Be aware of your own alcohol limits, as well as the effects of the sun such as heat stroke and heat exhaustion.

St John Ambulance

Mental health crisis?
Free 24/7 helpline for adults in Leicester, Leicestershire and Rutland
0808 800 3302
When you need to talk to someone urgently



What is Pharmacy First?

Patients across England can now get prescription-only treatment for seven common conditions at their local high street pharmacy, without needing to see a GP.

These conditions are:

- Sinusitis.
- Sore throat.
- Earache.
- Infected insect bites.
- Impetigo.
- Shingles.
- Uncomplicated urinary tract infections in women.

NHS
Next Time
Think 'Pharmacy First'
Walk In, No Appointment Needed!
Get Fast NHS Treatment at Your Local Pharmacy

"I went today, spoke with the pharmacist at the counter, who then took me into the consulting room. They went through various questions, antibiotics prescribed, dispensed and first dose taken all within 20 minutes. Excellent service."

Treatment can include prescribing and supplying antibiotics and antivirals where clinically appropriate.

Patient Participation

Are you interested in finding out more about your GP practice?

Would you like to influence the development of the surgery and other local health services?

If yes, why not consider contacting your practice to ask them how you can get involved with their Patient Participation Group.