

# The Waterfield Practice

## Patients Group

June 2023

Hello and a warm welcome to your June 2023 issue of The Waterfield Practice Patient Participation Group Newsletter. At last we have some sunshine and a promise of Summer. The sun makes us all feel better and lifts our spirits but we must all remind ourselves of the need to stay safe while enjoying the lovely weather. In this issue we have some tips on making sure we look after our skin plus some information on ways to get out and about, make the most of the summer months and maybe make some new friends.!

### Waterfield Practice News

#### Have you tried the NHS App yet?

#### Want to know if your repeat prescription is ready? Waiting for test results?

With the NHS App you don't need to make a phone call. You can find this information and much more while reducing telephone waiting time for more urgent requests!

#### Why not register for the NHS App?

You can download this free app in the usual way from the iPhone app store, or find more information by going to the Waterfield Practice Website: <https://www.waterfieldpractice.co.uk/> and clicking on "Recommended Apps"



Once you have logged into your account you can:

- order repeat prescriptions
- get health information and advice
- view your health record securely including allergies, medication and test results
- view your NHS number
- get your NHS COVID Pass

**If you don't have access to a computer or smart phone, contact your regular pharmacist directly if you simply want to check that your prescription is ready for collection. They will also be able to advise if you have any questions regarding your medication.**

#### Waterfield Practice Appointments

Now that the Klinik System is successfully up and running, all appointments should be made by completing the online form. Our receptionists will no longer make appointments over the telephone. However, if for any reason you are unable to complete the online form yourself you can go to reception where staff will complete the form for you or you or they can provide you with a paper copy of the form to complete yourself.

## Social Prescribers

The 15th May saw the start of Dementia Action Week and highlighted the help and support on offer for people diagnosed with this worrying disease and their relatives. Whether it's practical advice you are looking for or maybe opportunities to meet other people and make friends you will find a wealth of information on the Bracknell Forest Council website by clicking on this link: [Dementia Support and Advice](#)

## New walking group



A group of attendees from the Admiral Cunningham coffee morning, decided to get together to enjoy the great outdoors. A relaxing stroll around South Hill Park, followed by much deserved refreshments, made for an enjoyable time for all. If you are interested in finding out more about this group or other local activities, please do come along to our coffee morning, every Monday at 11am, Admiral Cunningham, Bracknell (except Bank Holidays)

**Social Prescribers**

**Every Mind Matters**

For more information contact

Social Prescribers on : **07590 371243**



  
**Eco Rewards**

*Spring in your Step*  
**Get out & active in Bracknell Forest**

**We have signs around parks and woodland areas including Lily Hill Park, South Hill Park, Lark's Hill, Horseshoe Lake, Mill Pond and Bucklers Forest**

**Scan QR codes or tap at a minimum of 3 locations to be entered into an exciting £100 prize draw at the end of June**

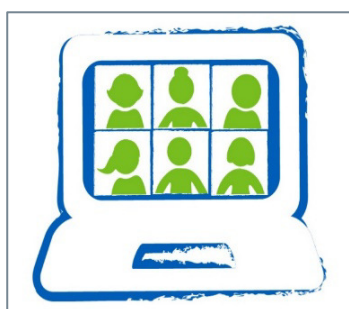
    

[www.ecorewards.co.uk/bracknell](http://www.ecorewards.co.uk/bracknell)  
subject to terms and conditions

## HealthMakers

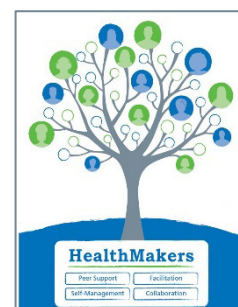
**HealthMakers** offer self-management courses and online **support groups** via our **Pop In Café's**. These provide a **safe space** to talk, or just **listen**. We **support** people living with a **variety** of life challenges, health and wellbeing issues to **share** their individual experiences and **learn** from **each other**. Everyone is **welcome** and you can attend as and when you need. Led by our trained HealthMakers Volunteers with two groups every week

- Tuesday from 1.30pm to 2.30pm
- Thursday from 11.00am to 12.00 noon



Suitable for anyone:

- newly diagnosed with physical or mental health issues
- facing isolation and loneliness
- having ongoing wellbeing, physical or mental health issues
- experiencing anxiety
- wanting to share and learn from similar experiences



If you would like to come along please email the following details to [HealthMakers@berkshire.nhs.uk](mailto:HealthMakers@berkshire.nhs.uk)

- Your full name
- Contact phone number, postal address and email address
- GP Practice & NHS Number if known

## Waterfield Hub - Patient Participation Group

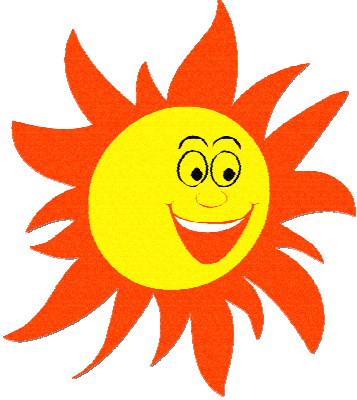
### Practice Patient Group - Join us and have your say!

We are looking for more people to join the Patient Group . The NHS is for everyone and as part of the Waterfield Practice PPG we can provide additional volunteer resources to enable all patients to receive the best service and care. By attending monthly meetings with the Management of the Waterfield Practice we are able to learn about changes and improvements to the practice and also offer our suggestions and opinions on the practice operation from the point of view of the patient. Registered patients are welcome to attend the meeting which is currently held on line via Microsoft Teams . **Alternatively**, would you be interested in taking part in short (3 questions) quarterly questionnaires? If so or if you would like to know more about the activities of the group please email [Baccg.healthmakers.waterfield@nhs.net](mailto:Baccg.healthmakers.waterfield@nhs.net)





## May was sun awareness month



After what seems like a long winter we are all so happy to see some sunshine at last! Sunshine cheers us all up, doesn't it? Plus it provides us with Vitamin D which is important for our general health. However, while a little sun is good for us, it is so important to think about protecting ourselves from the harmful effects of the sun if we are spending more time outside.

Here are some useful tips from the MacMillan Cancer Support website to help us stay safe when enjoying the lovely weather:

- The best protection is to cover up. Wear clothing made of cotton or natural fibres that have a close weave. These give you more protection against the sun.
- Keep your arms and legs covered by wearing long-sleeved tops and trousers. Wear a wide-brimmed hat to protect your face and neck.
- Use sun cream with a high sun protection factor (SPF) of at least 30. Choose one that protects against UVA and UVB, with four or five stars. Follow the instructions on the bottle and re-apply as recommended, particularly after swimming. Remember to apply sun cream on and behind your ears.
- Many people do not use enough sun cream. Experts say an average-sized adult needs at least 6 to 8 teaspoons of lotion to give the SPF coverage it says on the bottle.
- Always wear sunglasses in strong sunlight.
- Do not let your skin go red or burn.
- Stay out of the sun during the hottest part of the day. This is usually between 11am and 3pm.
- Do not use a sunbed or sunlamp. If it is important for you to look tanned, use fake tan lotions or sprays.
- Check your skin regularly for any changes.

### Waterfield Practice Zero Tolerance Policy

***We aim to always treat our patients courteously and expect our patients to treat our staff in a similarly respectful way. We have zero tolerance to any threatening, abusive or violent behaviour against any of our staff or patients. In such cases we reserve the right to withdraw services from such persons immediately.***

**Please Be Kind.....**



**If you'd like to get in touch please contact : [Baccg.healthmakers.waterfield@nhs.net](mailto:Baccg.healthmakers.waterfield@nhs.net)**