

Summer 2022

# Marsh Medical Practice



## PATIENT NEWSLETTER

### Reduce Infections

Whilst the situation with Covid has certainly improved, please remember that the most clinically vulnerable within our community remain at risk and hundreds of people are still dying every week.

**CATCH IT** 

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.

**BIN IT** 

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.

**KILL IT** 

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

**NHS**

We ask that you protect those around you by continuing to wear a face mask when visiting the surgery. Many of the patients we see have underlying health conditions and contracting Covid or other respiratory infections could likely have serious consequences.

### Access to Care

We understand and share our patient's frustration with the delays to accessing care. Our staff work tirelessly to ensure that as many patients receive the care they need. Please give our reception team as much information as you can when requesting an appointment. You may ask to see a doctor but if you explain the reason for your request, a different clinician or service with sooner appointments may be more appropriate.



**Congratulations to her Majesty – Thank you for 70 years of service**



### Every week we have hours of wasted appointments when people do not attend

If you no longer need your appointment, please let us know so that we can offer it to someone else.

### Enjoy the Summer Safely

**Sun** - make sure you stay safe in the sun whilst topping up on your essential vitamin D.

Please [click here](#) for more information.

**Hayfever** - please speak to a pharmacist or GP if you need help with managing your hayfever.

**BBQs** - for some tips on food hygiene at BBQs.

Please [click here](#) for more information.

### Travel Advice

Speak to our practice nurse team in plenty of time if you need any travel vaccinations or medications.

For further information, [click here](#).

### Weight Management

If you would like some advice regarding weight management please speak to the nursing team and please [click here](#) for more information.

### Cancer Screening Programmes - Early Detection Saves Lives

**Cervical Cancer** - please book an appointment with the nurse if you are notified that your smear test is due.

Please [click here](#) for more information.

**Bowel Cancer** - If you are offered a stool test, we strongly recommend you accept.

Please [click here](#) for more information.

### Patient Participation Group (PPG)

The PPG is a will be restarting this summer so please contact our Operations Manager if you would like to be involved.