



South Holderness Medical Practice

Newsletter

June 2011

Practice News

Dr Robert Fouracre retirement

Dr Robert Fouracre retired from the Practice at the end of March after serving the area so well since 1980. As senior partner, he had seen the Practice grow and develop over recent years. The modern surgeries and resources at Withernsea, Patrington and Roos provide patients with first class medical facilities in pleasant surroundings which are greatly appreciated by patients and staff.

Dr Fouracre has been a highly respected Doctor, confidante and friend to so many. His caring manner, cheerful

personality and good humour will be very much missed and his patients send very best wishes to him and his wife for a long and happy retirement.

Following the retirement of Dr Robert Fouracre, the Practice name was changed to 'South Holderness Medical Practice' (and can be accessed on the web-site under this title). The facilities and hours at all the surgeries remain the same.



STAY SAFE IN THE SUN !

Using a sunscreen (spray or lotion) is an effective way of preventing sunburn and should be applied before going out in the sun and reapplied as instructed

Babies and children should wear hats and sensitive skin be covered

If you have sunburn, you should avoid direct sunlight by covering up the affected areas of skin and staying in the shade until the sunburn has healed. Applying a suitable soothing / cooling lotion will also help.

Notice Board NO SHOWS

There have been a large number of patients who have failed to attend appointments in recent weeks.

If you no longer need your appointment please make sure you cancel it. So we can offer it to someone else

No shows in April 172

No shows in May 191

Spring Clean your Medicine Cupboard

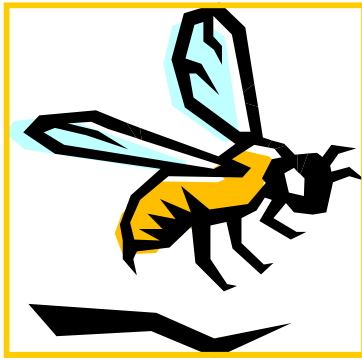


The time of year has come when we like to do our spring cleaning SO why not check your medicine cupboard for surplus medicines and out of date items. Also when ordering your repeat medication only order the items you require DO NOT order more than necessary to avoid build up. Hundreds and thousands of pounds are wasted each year in the NHS. You can bring unwanted items into the surgery for safe disposal providing you are a dispensing patient; otherwise take them to the chemist which you use for your prescriptions.

If your medication is stopped at the Hospital or by a Doctor please ask one of the dispensers to remove the relevant items from your repeat list.

If you are due a medication review please contact the surgery and book an appointment with our practice pharmacist Mr. Steve Williets





Withernsea Community
Hospital

MINOR INJURIES

01964 614666

Opening times

Monday—Friday

9 am to 5 pm

CLOSED Saturday & Sundays



Prevention and Treatments

Insect Bites & Stings

Insect bites can be painful or itchy, but try not to scratch them as this can make the symptoms worse. Wash the affected area with soap and water and pat the skin dry.

You can relieve the pain by applying a cold compress (a cloth soaked in iced water).

Stings are typically painful and cause swelling of the skin, but aren't usually dangerous unless you're severely allergic to the venom. If a sting is still visible in the wound, remove it as soon as possible. You can scrape it out with a fingernail or a credit card. Don't try to grab the sting between your fingers or tweezers as this can cause the venom sac to squeeze its contents into your skin.

You can reduce your risk of insect bites and stings by:

- wearing insect repellent
- keeping picnic foods covered up as much as possible - sweet foods and drinks attract wasps
- wearing long sleeves and trousers if out in the evening, especially near water - tucking trousers into socks or boots, and shirts into trousers will also help

Useful Telephone Numbers

NHS Direct	0845 46 47
Hull East Yorkshire NHS Trust	01482 328541
Withernsea Hospital	01964 614666
Withernsea Surgery	0844 4773562
Withernsea Surgery (fax)	0844 4773563
Patrington Surgery	0844 4773572
Patrington Surgery (fax)	0844 4773573
Roos Surgery	01964 671999
Carers Support Service	0800 917 68 44
ERYC Customer Services including social services)	01482 393939
GP Out of Hours	0845 0568060