



How to Stay Well and Enjoy the Summer Months

We all look forward to the summer sunshine, but the hotter weather can sometimes bring a few health challenges. We want to help you and your family enjoy the summer safely and comfortably. Here are a few simple tips to keep you feeling your best during the warmer months.

Be Sun Smart

The sun's UV rays can damage your skin, even on cloudy days.

What to do: Protect your skin and eyes from the sun.

How to do it:

- Spend time in the shade when the sun is strongest, usually between 11am and 3pm.
- Cover up with suitable clothing, a wide-brimmed hat, and sunglasses.
- Apply sunscreen with at least SPF 30 and 4-star UVA protection. Remember to reapply it regularly, especially after swimming.
- Read more about sun safety on the NHS website

Stay Hydrated

It is very easy to become dehydrated when you are sweating more in the heat.

What to do: Drink plenty of fluids.

How to do it:

- Drink water regularly throughout the day. Do not wait until you feel thirsty.
- Take a reusable water bottle with you when you leave the house.
- Limit drinks with lots of caffeine or alcohol, as these can make you lose more fluid.
- Find out more about hydration on the NHS website

Manage Hay Fever

Summer means higher pollen counts, which can trigger sneezing, runny noses, and itchy eyes.

What to do: Keep your allergy symptoms under control.

How to do it:

- Speak to your local pharmacist. They can recommend the best over-the-counter medicines, like antihistamines or eye drops.
- Keep windows and doors shut on days when the pollen count is high.
- Shower and wash your hair after spending time outdoors to remove pollen.
- Learn how to manage hay fever on the NHS website

Deal with Insect Bites

More time outside means a higher chance of getting bitten by bugs.

What to do: Avoid bites and treat them quickly if they happen.

How to do it:

- Use a suitable insect repellent when spending time in parks, woodlands, or near water.
- If you get bitten, wash the area with soap and water and place a clean, cold cloth over it to reduce swelling.
- Avoid scratching the bite, as this can lead to an infection.
- Find out how to treat insect bites and stings on the NHS website



We Are Here to Help

If you do feel unwell this summer, please remember that we are here for you. You can contact the surgery during our normal opening hours. If you need urgent medical help when the surgery is closed, please call NHS 111 or visit 111.nhs.uk. In a life-threatening emergency, always call 999.



Redbridge Recovery Hub



Hestia
LIFE BEYOND CRISIS

Redbridge Recovery Hub

Free emotional wellbeing support for individuals aged 18 and over, available in the evening and weekend.

A welcoming, calm, and inclusive space where people living in Redbridge can drop in, feel supported, and take a moment for themselves, no appointment needed.

Last updated 202604
Charity number: 294555
Company number: 02020165

In partnership with


North East London
NHS Foundation Trust

A free mental health support service for individuals aged 18 and over, available during evenings and weekends.

The service provides a welcoming, calm, and inclusive space where people living in Redbridge can drop in, feel supported, and take time for themselves. No appointment is required, and people can access the service in a way that feels most comfortable to them.

How can people access the service?

- Drop in
- Call us directly
- Attend via a professional referral

What support includes

- Information, referrals, and signposting to helpful services
- Emotional support from trained peer workers with lived experience
- Drop-in sessions for times when someone really needs to talk
- Planned one-to-one support (telephone or in-person)
- Support to create a recovery plan for future wellbeing
- Telephone interpreter support for those who need it

Opening times

- Open 365 days a year
- Weekdays (Monday–Friday): 5:00pm – 9:00pm
- Weekends: 2:00pm – 6:00pm (virtual support only)

Contact details

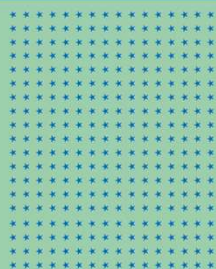
- Email: Redbridge.RecoveryHub@hestia.org
- Phone: 0203 031 6501
- Location: Ilford Engagement Hub @ Jubilee Gardens, Ilford Lane, IG1 2HX





If you live with a long-term condition, you could save money on your prescriptions

Find out if you can get free prescriptions by using the eligibility checker at www.nhsbsa.nhs.uk/check.



Prescription Savings

If you live with a long-term condition, you may be able to save money on your prescriptions.

The conditions include:

- Sickle cell
- Asthma
- MND
- HIV
- Parkinson's
- MS

if you pay for more than three items in three months, or 11 items in 12 months, a Prescription Prepayment Certificate will save you money .

If you are on a low income, you could be entitled to help with NHS costs or free prescriptions depending on your circumstances.

Check if you're eligible for help using the online eligibility checker. It only takes a few minutes.

www.nhsbsa.nhs.uk/check



We have an active **Patient Participation Group** which meets regularly to discuss what has been happening in the practice. We want to understand how we can improve our service to you and how you feel about our surgery, staff and quality of care.

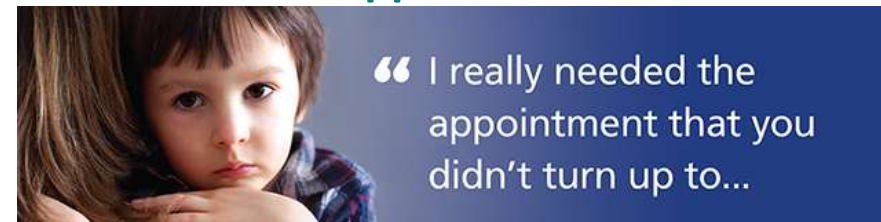
Your views are important and will be listened to. It may not be possible to act on every suggestion, but all feedback is extremely valuable.

We need people of all ages and backgrounds to join the team so that we can truly represent the diversity of our patients.

Interested?

Please contact **Michelle Greene 07941 077350**

Did not attend Appointment



In April & May, we booked a total of **6127** appointments. **246** patients did not attend (DNA)

If you are unable to keep your appointment, please make every effort to cancel it so that it may be offered to someone else.

To cancel your appointment:

- phone us AT ANY TIME on 0208 530 4108 and select Option 1
- use your NHS account (through the NHS website or NHS App)