Summer Edition 2025



# NEWSLETTER

## St Michael's & The Beehive surgery

## **REPEAT PRESCRIPTIONS**

How do i order my repeat prescription? There are various ways to order your repeat prescription:

-Online ordering. You will need an account for this so ask reception for more details.

-NHS APP. This is the quickest and easiest way. -Come into surgery and drop your script in the box by the front door, or request your items at reception.

#### We only accept orders over the phone under special circumstances, if you have permission. This is to reduce the chance of any errors being made.

We always aim to have your prescription signed and processed within 2 working days. If you have any delays or queries after this time, please contact your designated pharmacy.

#### **Evening & Weekend Appointments**

Did you know that you can book evening and weekend appointments?

These are available at St Michael's on Wednesday evening & alternative Saturday mornings. If these aren't convenient, you can book appointments at various surgeries across BANES.

These appointments include Cervical screening & NHS Health Checks.

Ask at reception for more info.

STAFF UPDATES

Welcome back Shaf, she is returning from maternity leave and will be on reception.

## SUN SAFETY

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects. Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

Make sure you:

- spend time in the shade during the hottest part of the day
- never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- a sun protection factor (SPF) of at least 30 to protect against UVB
- at least 4-star UVA protection

Take extra care to protect babies and children. Their skin is much more sensitive than adult skin. Children aged under 6 months should be kept out of direct strong sunlight.



## COMMUNITY WELLBEING HUB

The Community Wellbeing Hub is committed to providing services that support your health and wellbeing needs. We work with our partners to ensure that you get the right support at the right time. One contact to the Hub can connect you to multiple services. If you are an individual looking for support, or perhaps a concerned family member, a neighbour or a carer, get in touch.

Services the Community Wellbeing Hub can offer help with:

- Accessing food
- Digital inclusion
- Employment, skills and volunteering
- Energy advice and support
- Family, friends & carers
- Getting around
- Healthy lifestyles
- Home from hospital/Hospital avoidance
- Housing advice and options
- Managing at home
- Mental health
- Money matters
- Physical activities
- Specialist support for health conditions
- Support groups and wellbeing activities
- Young people

Call 0300 247 0050 or get in touch via the self referral form:

#### https://communitywellbeinghub.co.uk/form/contact.



### **PATIENT PARTICIPATION GROUP**

#### Next meeting: 18.11.25

Have your say. New members always welcome. If you are interested in attending please contact the practice manager via

## bswicb.stmichaelssurgery@nhs.net

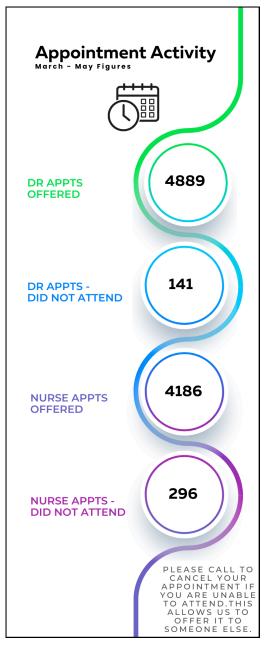
St Michael's surgery, Walwyn Close, BA2 1ER The Beehive Surgery, Mount Rd, BA2 1NH

01225 428277 01225 445004

 $\sim$ 

Community

**Wellbeing Hub** 



# Find us on Facebook

