

## Solent View Medical Practice

# June Newsletter 2025

## Summer is just around the corner

With the warmer weather hopefully upon us, it is important to remember there can be health risks. Heat can affect many people, however most at risk are vulnerable people :

Older people—especially those over 75

Those who live on their own

People who have a serious or long-term illness including heart and lung conditions, diabetes, kidney disease, Parkinson's disease or some mental health conditions

People who are on multiple medicines that may make them more likely to be badly affected by hot weather

Those who may find it hard to keep cool—babies and the very young, the bed bound, those with drug or alcohol addictions or with Alzheimer's disease

People who spend a lot of time outside or in hot places—those who live in a top-floor flat, the homeless and those whose jobs are outside

## Tips for staying cool

Keep out of the heat, especially between 11am and 3pm, wear sunscreen, a hat and light clothes, and avoid exercise or activity that makes you hot

Cool yourself down. Have cold food and drinks, avoid alcohol, caffeine and hot drinks, and have a cool shower or put cool water on your skin or clothes

Close windows during the day and open them at night when the temperature outside is cooler. Electric fans can help reduce temperatures

## Pharmacy First Service

This service was first introduced in January 2024 and provided GP Practices the ability to refer patients to obtain certain prescription medications directly from a pharmacy, without the need for a GP appointment. Patients who contact the practice with any of the symptoms shown opposite, maybe offered a referral to a local Pharmacy so that advice and treatment can be obtained.

The Pharmacy First Service also includes NHS Blood Pressure Check Services for people aged 40 and over, and the Pharmacy Contraception Service.

## Practice Opening Hours

Monday—Friday 8am—6.00pm

Telephone Lines are manned until 6.30pm

If you require urgent medical assistance when the practice is closed, please call 111 or visit [www.111.nhs.uk](http://www.111.nhs.uk)

You can use the NHS 111

symptom checker if you are unsure if you need to be seen: [Check your symptoms - NHS 111](#)

For children, you can use the Healthier Together app to re-view symptoms: [Home :: Healthier Together](#)



**NHS**  
Providing NHS services

We can help you with **seven common conditions** without needing a GP appointment

- Sinusitis**  
(adults and children aged 12 years and over)
- Sore throat**  
(adults and children aged 5 years and over)
- Earache**  
(children and young adults aged 1 year to 17 years)
- Infected insect bite**  
(adults and children aged 1 year and over)
- Impetigo**  
(adults and children aged 1 year and over)
- Shingles**  
(adults aged 16 years and over)
- Urinary tract infection**  
(women, aged 16 to 64 years)

Ask us for more information about this free\* NHS service

**Visit your Pharmacy First!**

\*NHS prescription charge rules apply where a medicine is supplied

## Staff Update

We are delighted to welcome Dr Lara Pilbeam as a salaried GP to our Team of Doctors at the practice. Dr Pilbeam first came to the practice in 2023 as part of her GP Trainee course, and we were delighted that she chose to re-join us since qualifying as a GP in August 2024.

In the past the Practice has seen a number of newly qualified Doctors join our Team to undertake part of their ongoing training process. In March and April this year we welcomed Dr Adewale Olu-Eddo and Dr George Edwards. Dr Olu-Eddo, who is under the leadership of Dr Mark Farrington, is currently in his second year of the Specialty Training Programme to build his clinical skills, knowledge and professional approach. Dr George Edwards is in his second Foundation Year under the leadership of Dr Michelle Clarke, and is undertaking increasing responsibilities for patient care.

We are also very proud of other members of our Clinical Team who have also completed training; Debbie Humphreys is now an Advanced Nurse Practitioner, Laura Dodd is now a Nurse Associate, and Isla Hadley is in the process of the Trainee Nurse Associate course.

## NHS APP



The NHS App allows patients who are over the age of 13 years of age and registered with a GP surgery in England, to access services online on their computer, tablet or mobile phone.

Anyone registered can:

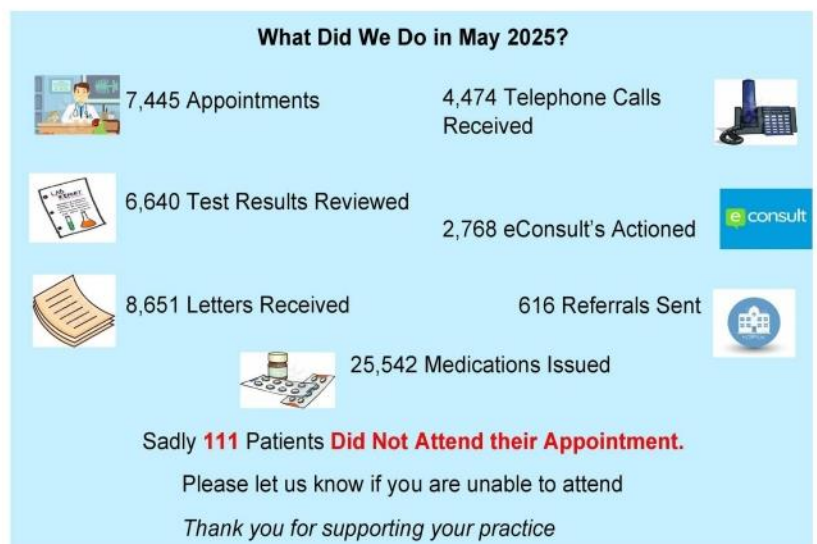
- ☐ Order repeat prescriptions
- ☐ Book and manage appointments
- ☐ Get health information and advice
- ☐ View their own health record securely

## What we did in May 2025

Sadly the practice is experiencing a high number of missed appointments with all our Healthcare Professionals. Last month **111** patients did not attend their appointment.

Please let us know if you are unable to attend so that the appointment can be offered to someone else.

Appointments can be cancelled via the NHS App and by phoning the practice on 02392 552200.



## Your feedback counts

We value feedback from our patients. If you would like to provide feedback concerning anything to do with the practice, there are a couple of ways to do this:

- ☐ If you have a smartphone, scan the QR code opposite using the camera on your phone and click on the link. Complete the digital form and submit
- ☐ Visit our practice website at [www.solentviewmedicalpractice.co.uk](http://www.solentviewmedicalpractice.co.uk) and complete the suggestion form online
- ☐ Paper feedback forms can be found at reception to complete and post in the box provided



## Willow and Brune Wellbeing Garden



**WILLOW WELLY & WELLBEING GROUP**

WILLOW INCREDIBLE GARDEN, BEHIND FORTON MEDICAL CENTRE, WHITES PLACE

EVERY THURSDAY MORNING 10AM-12PM AND THE SECOND SUNDAY OF EVERY MONTH 10AM-12PM

ALL WELCOME- JUST TURN UP

REFRESHMENTS, GLOVES AND TOOLS PROVIDED

[www.loveoutdoors.org.uk/willowgarden](http://www.loveoutdoors.org.uk/willowgarden)



**BRUNE WELLBEING GARDEN VOLUNTEER SESSIONS**

WE ARE CREATING A COMMUNITY WELLBEING GARDEN BEHIND BRUNE MEDICAL CENTRE AND WE'D LOVE YOU TO GET INVOLVED!

TUESDAY MORNINGS 9.30AM-11.30AM  
BRUNE MEDICAL CENTRE, ROWNER ROAD

ALL WELCOME- JUST TURN UP

REFRESHMENTS, GLOVES AND TOOLS PROVIDED

More info: [www.loveoutdoors.org.uk/brunegarden](http://www.loveoutdoors.org.uk/brunegarden)

If you enjoy a spot of gardening, why not pop along to the Willow Welly & Wellbeing Group or Brune Wellbeing Garden .

Both gardens are open to all patients within the Gosport and Lee-on-the-Solent locality. Refreshments, gloves and tools are provided.

We are proud to advise the gardens featured recently on BBC News website <https://www.bbc.co.uk/news/articles/c4gr6dq8dgo>

## COVID Vaccination Programme 2025

We are pleased to inform patients the practice will be providing COVID vaccinations to eligible patients. Vaccinations will start in October and will be offered to patients at the time of the flu vaccination.

We understand that patients are keen to get their appointment booked, however we are unable to book these appointments at the moment and further information will be provided once we have received communication from NHS England and the Hampshire & Isle of Wight Vaccine Operation Centre.