

Park Lane Practice

PATIENT NEWSLETTER

Welcome to our **Summer 2022** edition of the Park Lane Practice patient newsletter. In this edition you will find information on changes at our practice, practice updates and seasonal advice for the summer period

FRESH START CAMPAIGN

THE PRACTICE IS PLEASE TO ANNOUNCE WE ARE OFFERING A FRESH START CAMPAIGN FOR ALL OUR PATIENTS.

FRESH START IS A WEIGHT MANAGEMENT PROGRAMME AVAILABLE TOO ALL OUR PATIENTS, YOU CAN ACCESS VIA OUR WEBSITE

NEW STAFF WELCOME

THE PRACTICE HAS UNDERGONE A RECRUITMENT FOR RECEPTIONISTS AND ARE PLEASED TO WELCOME ANGELA, JANE AND CHLOE TO OUR GROWING ADMIN TEAM!

PHONE WAITING TIMES

THE PRACTICE IS CONTINUOUSLY REVIEWING OUR PHONE WAITING TIMES TO OFFER THE BEST POSSIBLE CARE TO OUR PATIENTS, PLEASE BE PATIENT WITH THE RECEPTION TEAM DURING THIS TIME

HEATWAVE: How to cope in hot weather



Stay safe this summer with our **Summer 2022 Heatwave tips**

- Stay out of the sun during the hottest part of the day, between 11am and 3pm
- Wear sun protection such as sun cream and a hat
- Stay hydrated
- Keep your living space cool
- Check for signs of heat exhaustion

Check for signs of heat exhaustion

- tiredness
- dizziness
- headache
- feeling sick or being sick
- excessive sweating and skin becoming pale and clammy or getting a heat rash, but a change in skin colour can be harder to see on brown and black skin
- cramps in the arms, legs and stomach
- fast breathing or heartbeat
- a high temperature
- being very thirsty

Park Lane Practice

YOU SAID WE DID

More appointments available
outside of normal hours

The practice is trialling Saturday appointments for child immunisations and smears to be able to offer appointments at times that suit our patients. We are also going to be using Livi appointments from October 2022 during the evening and on Saturdays

Less of a queue when phoning through to the
practice

We have undergone phase 2 of our recruitment plan for the practice, we hope to lessen the times patients are waiting on a phone for an appointment with additional plans for our patients to have online access to appointments

Swindon Sexual Health

Love life!

Swindon Sexual Health offers a free and confidential service in clinics across Swindon.

We offer sexual health advice, testing, treatment and support to everyone. Our staff are friendly, professional and experts in what they do.



	Morning	Afternoon	Evening
Monday	9.30am-12.30pm	1.30pm-4pm	6 – 8 pm
Tuesday	9am-11am	1pm-4pm	5pm-7pm
Wednesday	9am-11.30am	1.30pm-4pm	
Thursday	9am-12pm	1.30pm-4pm	5pm – 7pm
Friday	8.30am-11am	Closed	Closed
Saturday	9 am – 11 am	Closed	Closed

The clinic is closed on Sundays and bank holiday weekends.

Call to book an appointment or for advice 01793 604038

