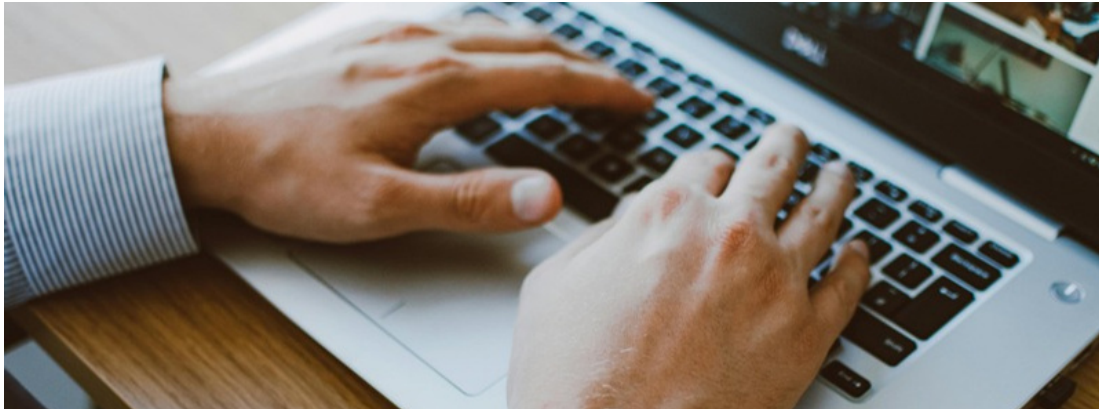


WESTFIELD ROAD SURGERY

NEWSLETTER



In This Month's Edition



**Sarcoma
awareness
month**

HELP WITH SUNBURN



**Can't make it?
Cancel!**

In June, **171** appointments were missed, the equivalent of over **40 hours!** Help us to use appointments for patients who urgently need them by cancelling your appointment when you can no longer attend.



SARCOMA AWARENESS MONTH

What are Sarcomas?

Sarcomas are uncommon cancers of the bone and soft tissues that can affect any part of the body, in adults & children.

Because they are uncommon, the signs can be overlooked or mistaken for another condition such as a cyst or growing pains.

Sarcoma awareness is important because early detection can save lives.

Signs and Symptoms

A lump which is growing, changing, or bigger than a golf ball

Swelling, tenderness or pain in or around the bone which may come and go and may be worse at night

Stomach pain, feeling sick, loss of appetite or feeling full after eating only a small amount of food

Blood in either your poo or vomit

It is important to remember most lumps and pains are not sarcomas, and this list doesn't cover everything.

Your feedback

"Great surgery all staff are friendly and helpful. Doctors and nurses are great and have time for you."

"Arrived in time, called in time and practitioner very professional and friendly"

"Discussion of my condition was extremely helpful and positive"

Key Information & Dates For Your Diary

The surgery will be closed on Wednesday 22nd July between 14.30 – 18.30 for staff training.

How was your recent experience?
We'd be grateful to hear your feedback via a Google review

Triage system information

We understand that not everybody finds it easy.

With this in mind, an electronic tablet has been installed in our waiting room, just for our patients to use.

If you would like assistance with this, please speak to a member of the reception team, who will be happy to help you.

[Request an appointment online](#)

Question time!

Which organ is responsible for filtering blood and producing insulin?

- A) Liver
- B) Pancreas
- C) Kidneys
- D) Spleen

Answer B

We're working hard to support you

In June we...



completed **3,784** appointments



issued **5,885** prescriptions



answered **2,654** calls



registered **100** patients

HELP WITH SUNBURN

Sunburn is damage to the skin caused by too much sun. You can treat it yourself. It usually gets better within 7 days.

How to ease sunburn yourself



Get out of the sun as soon as possible



cool your skin with a cool shower, bath or damp towel (take care not to let a baby or young child get too cold)

Apply aftersun cream or spray, or an unperfumed moisturiser



Avoid alcohol and drink plenty of water to cool down and prevent dehydration

Cover sunburnt skin from direct sunlight until skin has fully healed



**You can ask a pharmacist:
About the best sunburn treatments and if
you need to see a GP**



JOIN OUR Patient Participation Group

What is it ?

A group of volunteer patients, carers and surgery staff who meet regularly to discuss and support the running of the surgery. Patient Participation Groups look at the services offered, patient experience and how improvements can be made for the benefit of everyone.

Who can join ?

All registered patients are able to join our Patient Participation Group. People of all genders, ages, ethnicities, and those with health conditions and disabilities are encouraged to join.

How do I join ?

Please enquire at reception, or phone us on 01908 377103.

