Botolph bridge

community health centre monthly newsletter

July 2023

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MALLING HEALTH

Hello JULY!

# STAY HYDRAYTED ☺

How to cope in the hot weather; Most of us welcome hot weather, but when it's too hot, there are health risks. If hot weather hits this summer, make sure it does not harm you or anyone you know.

Why is a heatwave a problem?

**Main risks posed by a heatwave are;**

* Not drinking enough water (dehydration)
* Overheating
* Heat exhaustion and heatstroke.

**Tips for coping in hot weather;**

* Keep out of the heat if you can. If you have to go outside stay in the shade between 11am-3pm, wear sunscreen, a hat and light clothes. Avoid exercise or activity that makes you hotter.
* Cool yourself down, have cold food and drinks, avoid alcohol, caffeine and hot drinks. Have a cool shower or put cool water on your skin/clothes.
* Keep your living space cool, close windows during the day and open them at night. Electric fans can help if the temperature outside is below 35 degrees.

**Watch out for signs of heat-related illness;**

If you or someone feels unwell with a high temperature during the hot weather, it may be heat exhaustion or heatstroke.

# Goodbyes ☹

As most of you will know of our lovely Practice Nurse Janette, it’s sad to say we are saying goodbye as she leaves us here at Botolph Bridge at the end of July. Janette has been with us 6+years and made a huge impact on both surgery, patients and us staff here’s lives! She has over the years received many many thank you cards from patients ☺ We will be sad to see her go but know her new journey will be amazing.

# NEW! PHONE SYSTEM…..

We have had our new phone system installed and are excited for this to all come together over the next few weeks.

However we are aware of a few things not quite working as expected but we are on this and looking for a solution to be fixed as soon as possible.

Sorry for any inconvenience this causes and thank you for your patience.

# we love to hear from you whether it be good or bad…..

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Contact Us

Botolph Bridge Community Health Centre

Valley Park Centre   
Sugar Way  
Peterborough PE2 9QB

01733 796622

cpicb.botolph-admin@nhs.net

botolph.org

Please ask our Reception Team or Clinical Team for our Friends and Family Test Forms – we encourage any feedback from your experience’s here at the surgery.

# Thank you from all of us here at botolph bridge community health centre! and we will be back next month with more news/information ☺