

# Rowner Surgery Newsletter

## Your Doctors

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*Dr A Rehman*

## Telephone:

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## ONLINE SERVICES

Did you know you can book and cancel appointments online as well as ordering your repeat prescriptions? - If you would like to register for our online services please call into the surgery and this can be arranged for you.

Summer 2020



## Sun protection

Whether you're on holiday or at home, you can protect yourself by following Cancer Research UK's Sun Smart messages:

Spend time in the shade between 11am and 3pm.

Make sure you never burn.

Aim to cover up with a T-shirt, hat and sunglasses.

Remember to take extra care with children.

Then use factor 15 or more sunscreen.

**ATTENDING THE SURGERY:** IF YOU HAVE AN APPOINTMENT WITH A GP OR NURSE AT THE SURGERY PLEASE CAN WE ASK THAT YOU ATTEND WEARING A MASK. WE NEED TO CONTINUE TO ENSURE THE SAFETY OF OUR PATIENTS AND STAFF. IF YOU DO NOT HAVE A MASK A FACE COVERING CAN BE USED WHICH COVERS THE MOUTH AND NOSE. FOR HOW TO WEAR AND MAKE A CLOTH FACE COVERING PLEASE VISIT: <https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering> . CHILDREN UNDER THE AGE OF 11, PEOPLE WITH DISABILITIES AND THOSE WITH BREATHING DIFFICULTIES DO NOT NEED TO WEAR A MASK.



*We are  
breastfeeding  
welcome*

## THANK YOU

During these unprecedented times we are doing our utmost to provide a safe and caring service to all our patients, whilst ensuring a safe working environment to our staff. Please bear with us at this current time as we have had to make some changes to our normal ways of working.

**Thank you for your continued support.**



## Have you tried E-Consult?

This is a set of online tools for you to check which service is right for your symptoms, get immediate self-help advice, find out what other services can help you or send an online consultation to your GP practice. It may help manage certain conditions, without the need to attend the surgery in person.



**We're on the web! For more information visit our website: [www.rownerhealthcentre.co.uk](http://www.rownerhealthcentre.co.uk)**

## HEALTHY LIFESTYLE - KEEP ACTIVE TO KEEP WELL



Being active provides long term benefits for your health. It helps to control your weight, reduce blood pressure and cholesterol and improves your mental health - helping you to look and feel great. Being active doesn't have to mean long gym sessions or strenuous workout regimes. Physical activity also includes everyday things like gardening, walking and climbing the stairs. It's never too late to start whatever your age - everyone can benefit from getting physical.