

### Would You Like To Be Able To Save Someone's Life?

Giving blood saves lives. The blood you give is a lifeline in an emergency and for people who need long-term treatments. Many people would not be alive today if donors had not generously given their blood.

In England, we need over 6,000 blood donations every day to treat patients in need. This is why there's always **a need for people to give blood**. Each year we need approximately 200,000 new donors, as some donors can no longer give blood.

Most people between the ages of 17-65 are able to give blood. Around half of our current donors are over 45 years of age. We need more young people (over the age of 17) to start giving blood, so we can make sure we have enough blood in the future.

You can find out more at the website (see below) or ask at your local Kegworth or Gotham surgery.

There are 18 blood donor centres in the local area, all with different dates available, and two of them are in Kegworth.

Contact details for the NHS blood donation service are as follows:-  
<https://my.blood.co.uk> Telephone **0300 123 23 23**



**How about rolling your sleeves up and becoming a lifesaver?**

### SURGERY OPENING TIMES

#### **Kegworth - Reception 01509 674919**

Monday Tuesday Thursday Friday  
8.00am to 6.30pm

Wednesday 8.00am to 5.00pm

No GP Surgery on Wednesday afternoon

#### **Gotham - Reception 01509 674919**

Monday to Friday 8.30am to 1.00pm  
Surgery lunchtime closed 1pm to 3.30pm

Afternoon opening:

Monday, Tuesday, Wednesday, Friday  
3.30pm to 6.00pm

Thursday afternoon closed

If you wish to access the extended GP evening and weekend surgeries, they can be booked by ringing the Kegworth or Gotham surgery telephone number during our normal opening hours. These extended hours are from 6.30pm to 8pm in the evening on weekdays and between 8.30am and 12.30pm at weekends. If you request one of these appointments, which are outside of usual working hours, you will be offered a slot with a Rushcliffe GP, Nurse or Healthcare Assistant at one of three locations across the borough. The location will depend on the day of your appointment. The additional evening and weekend appointments will be available at:

*Castle Healthcare Practice in West Bridgford, East Bridgford Medical Centre, Keyworth Medical Practice*

### FLU VACCINATIONS

\*\*\*BOOK YOUR FLU JAB WITH THE SURGERY\*\*\*

This year there is a new special flu vaccine, FLUAD, for people aged 65 years and over this gives better protection from flu in older people.

There is also a vaccine against 4 types of flu for patients under the age of 65 years.

We **will** have flu vaccines in stock but accurate delivery dates are still to be confirmed. We have experienced staff and we are ready for you!

Please help us - make sure we have your up to date mobile or home phone number and look out for our flu clinic dates.

## **Data Protection – GDPR**

New data protection legislation came into force 25 May 2018. Our privacy policy has been updated.

Perhaps everyone is fed up with data protection information but there is no option than for us to inform as many people as we possibly can.

See below for a brief outline of the questions and the types of data that we hold. The complete statement is available on our website and there is a leaflet available in the surgery.

### **Questions**

What are the legal grounds for our processing of your personal information (including when we share it with others)?

What kinds of personal information about you do we process?

For how long is your personal information retained by the Practice?

What are your rights under data protection laws?

### **Types of Data Held**

- Details about you, such as your address, carer, legal representative, emergency contact details
- Any contact the surgery has had with you, such as appointments, clinic visits, emergency appointments, etc.
- Notes and reports about your health
- Details about your treatment and care
- Results of investigations such as laboratory tests, x-rays etc
- Relevant information from other health professionals, relatives or those who care for you

*To ensure you receive the best possible care, your records are used to facilitate the care you receive. Information held about you may be used to help protect the health of the public and to help us manage the NHS.*

*Information may be used within the GP practice for clinical audit to monitor the quality of the service provided.*

*Please note all information used for helping the NHS is anonymised*

## **Hay Fever Time Again**

Just a reminder on the basics. If you wear wrap around sunglasses it will stop a lot of pollen getting in your eyes when you are outdoors. Take a shower and change your clothes after being outdoors to remove the pollen on your body. Stay indoors if possible when the pollen count is high (over 50 grains per cubic metre of air). Apply a small amount of Vaseline (petroleum gel) to the nostrils to trap pollen grains

## **Pollen Filter For Your Car**

Cars manufactured after the year 2000 should be fitted with a cabin air filter. Most people never change it. If you suffer from hay fever whilst driving your car it may be time to get a new filter. It is designed to prevent dust, debris, and in particular quite a lot of pollen reaching the inside of your car. Most manufacturers recommend changing this filter at around 12,000 miles but if you suffer severely from hay fever it may be worth changing more often.

Have a look in your instruction manual. On many cars it is possible to do it yourself. The filter cost will probably be somewhere between £5.99 and £30. Don't forget if you fit a new filter keep the air con on and the car windows closed.

It may be worth looking on google for information on car pollen filters and Youtube will show you how to do it.

## **GLUTEN FREE FOOD ON PRESCRIPTION CONSULTATION – ask at the surgery for more information**

Running from 14 June to 26 July 2018. People are invited to complete a short survey and to consider three options:

1. Limit prescribing to four units of long life bread and flour per month
2. Stop all gluten free prescribing with the exception of children who will be able to receive up to four units of long life bread and flour per month
3. Stop all gluten free prescribing.