



Well summer is officially here. The weather has been extremely hot over the last few days. During this time of the year it is important to stay hydrated. The wise thing to do is to always have a bottle of water with you at all times. The main reason is you need to replenish the water you lose through perspiration. It's also very important to wear lighter clothing to allow air to circulate through your body which will help to keep you cool. This is the time to wear open toe shoes and give your toes a break from being covered all winter long. I would also suggest foot massages and pedicures during this time of the year. It is also very important to apply sun lotion when you know you will be out in the sun for an extended period of time. Other keys items to have on you are a pair of sunglasses and cap or hat. Enjoy the summer months!

Citizen's Advice is available at the surgery by appointment on Tuesday afternoons to discuss benefits, debt counselling, consumer issues, housing, employment or any other issues. Please book at Reception.

Smoking Status!! What's yours? If you smoking status has changed within the last 12 months please let the reception staff know so we can update your records. Thank you.

SUFFERING BUT NOT AN EMERGENCY?
VISIT THE NHS CHOICES WEBSITE FOR DETAILS REGARDING MINOR ILLNESS ON www.nhs.uk

Smoking and drinking on the Premises!
Please note that Smoking or drinking Alcoholic beverages is not permitted on the Practice Premises. Each day our staffs have to remind patient's of the non smoking sign on the wall.



Dr Gilkar & Partners
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Patient Group
NEWSLETTER: AUGUST 2015

The practice continues to run the NHS Friends and Family Test which consists of two simple questions. The first asks on the basis of your most recent experience of our service, *"How likely are you to recommend our service to friends and family if they needed similar care or treatment?"* The second question asks, *"What is the main reason for selecting your answer?"* Please do take the time to fill in the short questionnaire when you visit the surgery or, alternatively, complete it online from our website.



The Friends & Family Test