



# Royal Manor Health Care Summer Newsletter 2023



Welcome to RMHC Summer Newsletter – You will find lots of information within that can be shared with friends or relatives.

## Sun Safety Tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

### **Make sure you:**

- spend time in the shade between 11am and 3pm
  - never burn
- cover up with suitable clothing and sunglasses
  - take extra care with children
  - use at least factor 30 sunscreen

For more information go online to [Sunscreen and sun safety - NHS \(www.nhs.uk\)](http://www.nhs.uk)

## What factor sunscreen (SPF) should I use?

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 30 to protect against UVB
- at least 4-star UVA protection
- UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.
- Make sure the sunscreen is not past its expiry date.
- Do not spend any longer in the sun than you would without sunscreen.

## Children and Sun Protection

Take extra care to protect babies and children. Their skin is much more sensitive than adult skin, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life.

Children aged under 6 months should be kept out of direct strong sunlight.

### **From March to October in the UK, children should:**

- cover up with suitable clothing
- spend time in the shade, particularly from 11am to 3pm
  - wear at least SPF30 sunscreen
- Apply sunscreen to areas not protected by clothing, such as the face, ears, feet and backs of hands.

For more information go online to [Sunscreen and sun safety - NHS \(www.nhs.uk\)](http://www.nhs.uk)



## Protect your eyes in the sun

A day at the beach without proper eye protection can cause a temporary but painful burn to the surface of the eye, similar to sunburn.

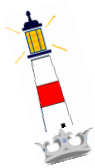
Reflected sunlight from snow, sand, concrete and water, and artificial light from sunbeds, is particularly dangerous. Avoid looking directly at the sun, as this can cause permanent eye damage.



## Protect your Moles

If you have lots of moles or freckles, your risk of getting skin cancer is higher than average, so take extra care.

Keep an eye out for any changes to the skin including a new mole, growth, or lump. Any moles freckles or patches of skin that change in size, shape, or colour. Always report these to your doctor as soon as possible. Skin cancer is much easier to treat if it is found early.



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## Self-Referring to MSK Matters

[Looking after yourself | Musculoskeletal Matters \(mskdorset.nhs.uk\)](https://mskdorset.nhs.uk)



Foot pain



Ankle pain



Back pain



Elbow pain



Wrist and hand pain



Neck pain



Hip pain



Knee pain



Shoulder pain



Do you think you need physiotherapy?

[Fill out a self referral form](#)

Patient self referral form

Health professional referral form

Are you an adult and having problems with your feet, neck & back, hands or shoulder?

We understand how aches and pains in your joints muscles and bones can cause frustration and worry impacting on your daily activities.

Do you think you could self help first or do you feel you could benefit from physiotherapy?

If so then check out the self help guide on the MSK Matters website clicking the icons or if you feel you would benefit from physiotherapy you can now refer yourself to this service. Please go to [Looking after yourself | Musculoskeletal Matters \(mskdorset.nhs.uk\)](https://mskdorset.nhs.uk) The website is full of expert advice and information to help you decide if physiotherapy can help you. If you do decide that physiotherapy may help you, the website has a self referral form you can access.

## Ophthalmology Services

CHEC who delivers Dorset's Community Ophthalmology Service has changed its telephone number – if you need to contact CHEC to make or amend an appointment then please call

**0344 264 4160**

**CHEC**  
healthcare for local people



Diabetes  
UK



## Pre-Diabetes Blood Test

Have you recently had a blood test to check your HbA1C level? This would have been to see if you could be a diabetic or pre-diabetic or neither.

If your levels fall between 42-47mmol you would be automatically referred to the NHS Pre-Diabetes Programme. You will either be notified via a text message or a letter RMHC. The Pre-Diabetes Programme Liaison Officer will then contact you directly to offer you a place on a pre-diabetic course which offers personalised support to manage weight, healthy eating and how to get physically active, which together has been proven to reduce a person's risk of developing type 2 diabetes.



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## Patient Transport

The opening hours of the Patient Transport Advice Service (PTAC) is Monday to Friday 8:30am to 6:30pm.

**Dedicated patient line: 01278 727457**

To check on the whereabouts of patients transport on the day of travel, or to amend a booking on the day of travel, call E-zec directly on **0300 777 6666**



## Covid-19 Spring Booster Vaccines

The next covid clinic will be at Portland hospital on Saturday 17th June – look out on Facebook for more clinic dates.

COVID-19 is more serious in older people and in people with certain underlying health conditions. For these reasons, people aged 75 years and over, those in care homes, and those aged 5 years and over with a weakened immune system are being offered a spring booster of COVID-19 vaccine.

**You can book over the phone by calling:  
119**

**Difficulties with communicating or hearing then Textphone: 18001**

**Go online Book, cancel or change a COVID-19 vaccination appointment - NHS (www.nhs.uk)**

## Over The Counter (OTC) Medication

Over the last couple of months RMHC have noticed an increase in patients asking for a prescription for OTC medications. Including basic painkillers. Unfortunately, we are unable to give a prescription for OTC Medication unless there are extenuating circumstances. We will always guide you to the NHS Website for more information on why we are unable to offer you a prescription, especially for an item that may cost less than a £1 in a local supermarket. For more information and a full list of items we are unable to prescribe please go to:

**Why can't I get a prescription for an over-the-counter medicine? - NHS (www.nhs.uk)**

## **Sleep!!!**

A healthy adult usually needs around 7-9 hours sleep. However, health and personal circumstances affect how much sleep we need. Babies, children, and teenagers need more sleep because they are still growing, but that varies, especially with a newborn who can sleep anywhere between 8 & 16 hours.

Sleep not only makes you feel better, but its importance goes way beyond just boosting your mood or banishing under eye circles. Adequate sleep is a key part of a healthy lifestyle and can benefit your heart, weight, mind and more. For more information go online to:

**Sleep problems - Every Mind Matters - NHS (www.nhs.uk)**

	Grazed knee. Sore throat. Cough. Stock your medicine cabinet.	<b>Self-care</b>
	Unwell? Unsure? GP surgery closed? Need help?	<b>NHS 111</b>
	Diarrhoea. Runny nose. Painful cough. Headache.	<b>Pharmacy</b>
	Vomiting. Ear pain. Stomach ache. Back ache.	<b>GP surgery</b>
	Choking. Chest pain. Blacking out. Blood loss.	<b>A&amp;E or 999 Emergencies only</b>

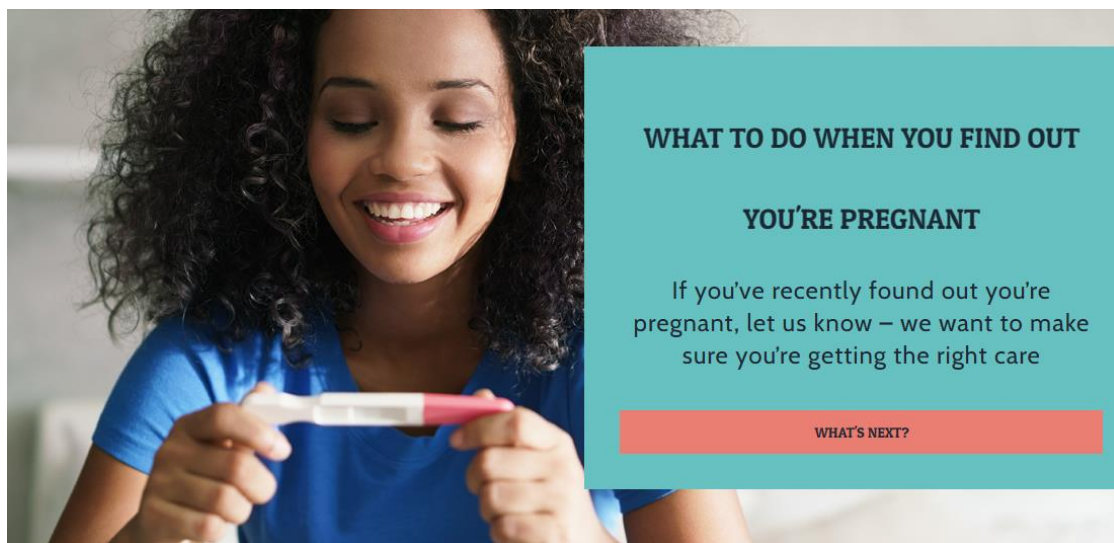




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## Maternity Matters in Dorset



### WHAT TO DO WHEN YOU FIND OUT

#### YOU'RE PREGNANT

If you've recently found out you're pregnant, let us know – we want to make sure you're getting the right care

WHAT'S NEXT?

Do you think you are pregnant? If so then there is no need to contact the surgery - but you will need to self-refer to:

[Maternity Matters Dorset – Bumps and Beyond](#)

They have an array of information on their website including the three trimesters, where to have your baby, what to expect during labour and the birth, what to expect after the birth of your baby, along with birthing partners and what support is out there too.



## Contact

- 📞 Midwife contacts
- 📞 Health visitor contacts

**Chesil Midwife Team 01305 762683**  
**chesilmidwives@dchft.nhs.uk**

**The Chesil Team 01305 361071**

Get the DadPad app!

### What is the DadPad?

It's the essential guide for new dads, developed with the NHS.

### Why do you need it?

As a new dad you will feel excited, but you may also feel left out, unsure or overwhelmed. The DadPad can help by giving you the knowledge and practical skills that you need. The resource will support you and your partner to give your baby the best possible start in life.