

Protected Learning Time Educational Closure afternoon

The surgery will close for the afternoon on Tuesday 21st April from 12:30 and we will reopen again for our evening surgery at 6.30pm. The surgery will reopen to usual hours from Wednesday 22nd April.

Bank Holiday Closing Dates - May

CLOSED: Monday 4 May 2026

Reopen: Tuesday 5 May 2026

CLOSED: Monday 25 May 2026

Reopen: Tuesday 26 May 2026

Practice Team Updates

We wished a happy retirement to our paramedic Guy at the end of January and welcomed a new paramedic Jon in early March. We said a sad farewell to Nurse Jane, and are delighted to welcome two new wonderful members to the reception team.

Practice Toilet Facilities

Drainage work repairs carried out in the New Year were successful. Further work is required to improve the appearance of the reception/lobby area so for now please excuse our current appearance. A big Thank You to all our patients for their continued support and understanding during this time.


Student Nurse & Medical Student

Throughout April and May we will have a nurse student and medical student joining the clinical team for educational training.



Diabetes Information

DAPAGLIFLOZIN: Patient Information

What is Dapagliflozin?
A medicine to help blood sugar levels in type 2 diabetes. Helps remove sugar through urine.

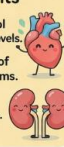


How to Take It
Usually once a day.
Swallow whole with a glass of water. Follow doctor's instructions.

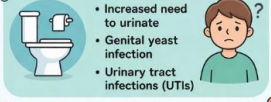
Benefits

- Helps control blood sugar levels.
- Lowers risk of heart problems.
- Protects your kidneys.




Possible Side Effects

- Increased need to urinate
- Genital yeast infection
- Urinary tract infections (UTIs)



Sick Day Rules


- If you feel very unwell (fever, vomiting, diarrhea), contact your doctor about stopping this medicine.
- Keep hydrated.



When to Seek Help


Contact your doctor if:

- severe stomach pain
- vomiting
- extreme thirst or tiredness
- unusual signs in the genital area



Helpful Tips

- Take your tablet at the same time each day.
- Remember your Sick Day Rules. Don't take it if you are ill. Contact your GP/111.
- Eat a balanced diet.
- Stay active.



KEEPING YOUR KIDNEYS HEALTHY WITH DIABETES

A Simple Test Can Make a Big Difference



WHAT IS THE URINE TEST FOR?
It checks for small amounts of protein (Microalbuminuria). This is an early sign of kidney stress or damage.

WHY IS IT IMPORTANT?

- Early detection
- Protect your kidneys
- Part of your regular check-up

HOW TO BRING A SAMPLE

- Use a clean container from your clinic.
- Collect a fresh urine sample (first morning is best).
- Label it with your name and date.
- Bring it in.



Caring for your health. Stay well with diabetes.

Pre-Pregnancy Advice For Women With Diabetes

Things to do before you get pregnant

Following pre-conception advice reduces the risk of adverse outcomes for mothers and babies.



- Use contraception**
- Stop smoking & stop drinking alcohol**
- Tell your doctor you are thinking about having a baby**
- Eat healthy and exercise**
- Ask about diabetes education programs**
- Know advice on hypos as you might not feel it and test ketones if unwell**
- Know advice about stopping unsafe medications**
- Assessment of eye and kidney health**
- Review blood pressure & cholesterol medication**
- Visit your diabetes team for regular check-ups**
- Review blood pressure & cholesterol medication**
- Get your diabetes medication pregnancy-safe**



If HbA1c is 86 or more pregnancy is NOT advised. Pregnancy is safe if HbA1c is less than 48 and you can work with the care team. Blood sugar targets and frequency of testing will be set by hospital.

You must be on 5 mg of folic acid till 12 weeks of gestation if you are trying for a pregnancy.

Get GP to refer you in to Pregnancy Diabetes Team



Engage Consult

There are many things that can be dealt with online at Seaside Medical Centre now through 'Engage Consult'. The Engage Consult online consultation system can be used via your smartphone, tablet or PC.

Access via our website www.seasidemedicalcentre.co.uk and click on the blue "appointments" button, this will then direct you to the Consult Online page where you can click on the "patient guide – how to register for Engage Consult". Once you have registered below are the options we are able to assist you with:

- request help regarding a non-emergency medical problem
- order repeat prescriptions
- request a sick note
- ask about test results
- contact us about an admin request

Engage Consult is NOT appropriate for medical emergencies. Patients should either continue to ring the Practice on 01323 725667 or 999 if there is a threat to life.

Providing Practice Feedback

The Practice would like to thank everyone who has completed a Friends and Family Test. This feedback is a valuable tool to enable us to see when we are getting things right as well as highlighting areas we can improve on. Patients who have received an appointment reminder will automatically receive a feedback link following their appointment. Patients are also automatically sent a feedback link once they have completed an Engage Consult. The Friends and Family Test is also accessible to patients on our website and in the Practice, located on the first floor patient landing.

NHS Health Check

An NHS Health Check is a free check-up for adults in England aged 40-74, offered every five years to people without existing conditions like heart disease, stroke, diabetes, or kidney disease, aiming to spot early signs and provide lifestyle advice to prevent these conditions and dementia. It involves measuring blood pressure, cholesterol, BMI, and waist size, alongside a chat about your lifestyle, to assess your risk and help you stay healthy.

Who is eligible?

- You're between 40 and 74 years old.
- You haven't been diagnosed with heart or kidney disease, stroke, type2 diabetes, dementia.
- You haven't had a health check in the last five years.

What happens during the check?

A nurse or healthcare professional will:

- Discuss your medical history, family history, and lifestyle.
- Take your blood pressure, cholesterol (blood test), height, weight, and waist measurement.
- Calculate your risk of developing heart disease, stroke, kidney disease, or diabetes.
- Give you personalized advice on diet, exercise, and other lifestyle changes to reduce your risk.

Why is it important?

It helps catch potential problems early, before they cause serious damage.

It's a chance to get support for healthy habits like eating well, being active, or stopping smoking.

It can help prevent major health issues, as vascular conditions are a leading cause of preventable deaths in the UK.

How to get one:

You should automatically receive an invitation from your GP surgery every five years.

NHS cervical screening programme – all communications are now available digitally

The NHS cervical screening programme has now introduced all communications digitally. This includes invitations, reminders and all results.

Patients will receive an app message and notification; if unread within 72 hours or where the patient doesn't have the NHS app, a letter will be sent. In cases where results require referral to colposcopy, a letter will be sent if the NHS app message is unread after 24 hours.

We encourage all patients attending cervical screening to download the NHS app so your results can be delivered there.

RSV Vaccination

Respiratory Syncytial Virus (RSV) is a common seasonal virus that affects the airways and lungs. While it often causes mild, cold-like symptoms, it can lead to more serious illness in certain groups, particularly older adults, infants and those with underlying health conditions.

These vaccines are primarily offered to adults aged 75 and over, as well as those aged 60–74 who have specific risk factors such as chronic heart or lung disease, or weakened immune systems. In addition, a separate RSV immunisation may be offered during pregnancy (28 weeks or more) to help protect newborn babies in their first months of life.

The RSV vaccine works by helping the immune system recognise and respond more effectively to the virus, reducing the risk of severe infection, hospitalisation, and complications such as pneumonia. It is given as a single injection and is typically offered ahead of the winter season, when RSV is most common.

We encourage all eligible patients to take up the offer of the RSV vaccine when invited. Vaccination not only helps protect you, but also reduces the spread of infection within the community and helps safeguard vulnerable individuals.

If you think you may be eligible or would like more information, please contact the practice or speak to a member of our team.

Ear Microsuction Clinics

Our practice will offer **Ear Microsuction clinics from June 2026**, a quick, gentle and effective way to remove earwax without water if Ear Syringing is not successful. Performed by trained clinicians, this modern technique provides fast relief from blocked ears and clearer hearing—all available conveniently and free in General Practice. The service is aimed at patients:

- with impacted wax not resolved after two attempts to remove by irrigation or where irrigation is contra-indicated;
- other debris affecting hearing that can be safely removed by Microsuction.