

## July Article

### Practice Current Position

We are continuing to consult with patients over the telephone, online or by video. If you're asked to attend the practice for a face to face appointment we would ask that you wear a face covering (this could be a mask or scarf).

We are continuing to review our appointment offer and services on a regular basis, please keep monitoring our website [www.castlemedicalgroup.co.uk](http://www.castlemedicalgroup.co.uk), facebook and twitter accounts for any updates on what may have changed.

### Online Consultations

Since we introduced online consultations earlier this year, we have had good patient uptake. To get the best out of online consultations, register for an account as this allows us to respond back to you using the inbuilt message function. To access online consultations please visit our practice website (link above).



### Childhood Immunisations

Public Health feel that it's important to continue to vaccinate children as these can help protect your child throughout their life and it also helps with stopping the spread of specific infectious diseases. If you do receive an invite for your child it's important to attend for this. Please can we ask that just one parent attends with the child and no other children.

### Long Term Condition Reviews

If you have a long term condition where we normally invite you in for an annual review, please note that we are looking at conducting your review over the telephone, so do not be surprised if you receive a call to arrange this. As with these things there may be an aspect of your review e.g. bloods, where we may have to ask you to attend the practice, but we will minimise this where clinically safe to do so.

### Safe Sun

During this period of nice weather that we are all enjoying, please ensure you look after yourself. To avoid getting burnt and the effects that the sun can have on you please spend time in the shade when the sun is at its strongest (between 11am & 3pm), use sun cream and cover up with suitable clothing and sunglasses. For more information please refer to the NHS website [www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/](http://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/).

