



June 2023



# June 2023

## Fun Facts about the month of June

- June is the month with the longest daylight hours of the year in the Northern Hemisphere, and conversely, June has the shortest daylight hours of the year in the Southern Hemisphere.
- June's birthstone is the pearl, the Moonstone and the Alexandrite.
- The June birth flower is the Rose and the Honeysuckle.
- In 2009 June was the 662 most popular name for girls in the USA.
- June is derived from Juno, the goddess of marriage.

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## Practice Changes

As of the 6th of June we have a new Healthcare Assistant joining our clinical team. This will increase the amount of blood test appointments we can offer. We would like to thank you all for bearing with us during the transition period, and we would like to welcome our new HCA Annette to the team.

In other news, Nurse Cathy has left the practice as of the 30th May. So please bare with us during the transition period whilst we wait for our new nurse to join the team. We understand this will be a difficult period for us all and please know we will do all we can to make the transition period easier for all of us, patients and staff.

## Eyecare

Minor Eye Conditions Service & Community eye care :

0344 264 4160

Monday—Friday 9am –5pm

## Summer Solstice 21st June



The word 'solstice' comes from the Latin words for sun (sol) and to stand (sistere). It's the time of year when the position of the rising or setting sun stands still in its movement along the horizon.

Summer solstice occurs on the longest day of the year, usually 21 June, although the sun's position remains in pretty much the same place for a few days either side.

During the summer solstice, the earth's axis is tilted at its closest point from the sun. This means that in the northern hemisphere, the sun is at its highest point in the sky. It's also the longest day of the year - and the shortest night.

It would have been relatively easy for pre-historic people to observe the rising and setting positions of the sun each day, and to mark these orientations from any given spot.

The Summer solstice represents the transition from action to nourishment, which is exactly what the Sun gives us during the long nights of summer, both to our actual crops but also to the continual journey we travel from darkness to light.

**Survivors of Bereavement by Suicide**

### Do you need support with Suicide Bereavement?

Help and support is available from the Survivors of Bereavement by Suicide

**Your closest group is:**

**SoBS Shrewsbury**

Meeting day: The 3rd Tuesday of every month  
For more information contact:  
07940 558521  
shrewsbury@uksobs.org

**Our friendly, safe and confidential peer led support groups are open to all those over the age of 18 impacted by suicide loss.**

[www.uksobs.org](http://www.uksobs.org)

## Baby Checks



When your baby is around 6-8 weeks old, you should have a baby check. This check is to ensure both you and the baby are feeling well and recovering properly.

It is a good idea to write down any questions you may have so that you can ask these within the appointment.

Shortly before or after your baby is born, you'll be given a personal child health record (PCHR). This usually has a red cover and is known as the "red book".

It's a good idea to take your baby's red book with you every time you visit the baby clinic or GP.

They will use it to record your child's weight and height, vaccinations and other important information.

You can also add information to the red book yourself. You may want to record any illnesses or accidents your baby has, or any medicines they take.

You'll find it helpful to keep the developmental milestones section of the red book up to date too.

We know how precious the first few weeks can be with your new little bundle of joy. So, here at Woodside Medical Practice we like to allow you to enjoy that time without worrying about appointments.

Therefore, our dedicated team will contact you to arrange your 6-8 week baby check appointment, so you can sit back and enjoy the first few weeks with your new-born baby.



Think which service?



NHS  
Shropshire, Telford  
and Wrekin

HELP US,  
HELP YOU

## Bike Week 5th to 11th June



This year Bike Week is all about you and your local community, we want to encourage as many people as possible to get out there and enjoy their community by bike. We want you to dream big and imagine how your community could be improved if everyone in it used their bikes more, together we can make a better world by bike.

These last few years have seen a lot of change, many people took up cycling or rediscovered it, dusting off that old bike sitting in the shed to get out there again. Some for exercise, some for commuting to work, to go to the shops or even just to be able to see friends and family. The bike can give everyone freedom, freedom to choose how to travel and how to live their lives better and healthier.

### What can you do this Bike week?

- Organise a ride – if you would like to put on an event then there is all you need to know on our Register an event page and lots of information and materials to help

- Encourage your Workplace to take part in Bike Week – all you need to know is on our Workplaces page
- Try something new – check out our Inspiration page, full of ideas and routes to explore this bike week
- Celebrate cycling – With the Queen's Platinum Jubilee just before Bike Week, why not keep the celebrations going, take your street party to some new streets by bike and don't forget to share your photos with us using the Bike Week hashtag: #BikeWeekUK
- Donate – This year we'll be raising money to help transform cycling in your local area. Together, we have already achieved so much across the UK – a safer Highway Code, increases in active travel funding, holding councils to account for removing cycling infrastructure, alongside more projects to enable everyone to be able to access cycling. As always there is still more to be done and we want to ensure wherever you

## Healthy Eating Week 12th to 16th June

Healthy Eating Week is all about supporting and promoting healthier lifestyles and this year's theme is Healthy Eating Week - **For Everyone!**

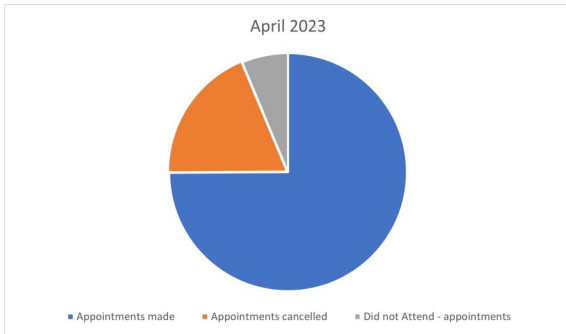
The cost-of-living crisis continues to have an impact on the affordability of healthier diets for so many of us. With this in mind, for Healthy Eating Week 2023, The British Nutrition Foundation is focusing on providing free, evidence-based advice and support for everyone who wants to find their way to eat a healthier diet regardless of these barriers.

All you have to do is take yourself over to their website [nutrition.org.uk/healthy-eating-week/](https://nutrition.org.uk/healthy-eating-week/) and register. Once you have registered you will receive their **FREE**, downloadable activity packs and resources for early-years settings, primary schools, secondary schools and workplaces/adults.

You can join in on healthy eating webinars. Spread the word using #HEW23 and tagging them on twitter @nutritionOrgUK.

Healthy Eating Week 23 is supported by big brands such as; Kellogg's, Quorn foods, Sodexo, Coca-Cola GB and Waitrose and partners.

They also have recipes available on their website for you to try at home. How will you participate in this year's Healthy Eating week?



## Appointments missed May 2023

In May 2023, there was missed appointments. These appointments could have been used for someone who needs it. If you are unable to make your appointment, please ensure that you contact the practice to cancel your appointment, so that we can offer this to someone else.

# #ZeroTolerance

**NHS staff should be able to come to work without fear of violence, abuse or harassment from other staff or the general public.**

**We have a zero tolerance attitude towards any incident in which an employee is abused, threatened or assaulted, either in person or online, and will take legal action if necessary.**  
This includes:

- Use of force that results in physical injury or personal discomfort
- Serious or persistent use of verbal abuse
- Staff who are assaulted or abused outside their place of work
- Threatening behaviour that targets staff members on social media such as Twitter, Facebook or Instagram

# VACCINATIONS COVID-19

\*WOODSIDE MEDICAL PRACTICE WILL NOT PARTAKING IN COVID-19 SPRING PROGRAMME 2023\*

PRE-BOOKED APPOINTMENTS CAN BE ACCESSED VIA THE NATIONAL BOOKING SYSTEM, THESE ARE BEING OFFERED VIA COMMUNITY PHARMACIES, SOME PCN'S AND AS THE LEAD PROVIDER AT WILLIAM FARR HOUSE, CORAL HOUSE AND INTERFAITH. DAYS AND TIMES AT THESE LOCATIONS WILL VARY.

Book, cancel or change a COVID-19 vaccination appointment - NHS ([www.nhs.uk](http://www.nhs.uk))

For walk in appointments, patients should follow the link below (Grab A Jab) –

Find a walk-in COVID-19 vaccination site - NHS ([www.nhs.uk](http://www.nhs.uk))

## Fathers Day 18th June

Father's Day is fast approaching in the UK, but how long have we celebrated the occasion? The day follows Mother's Day — which is celebrated in March in the UK — and honours male parents. It's often an excuse to treat fathers for their love and dedication, and dads given presents and cards by their children. Here's when to celebrate this year and the reason behind the special day.

The rule of thumb is that Father's Day falls on the third Sunday of June, meaning the actual date changes annually. This is the US calculation, so some countries around the world opt for different times of year.

### Opinions of Father's Day: Why do we celebrate it?

Father's Day is generally believed to have been inaugurated in 1908 by a West Virginian woman who missed her own dad.

Grace Clayton had lost her father several years before, but was roused to act by an incident that would shake her town for generations. The 1907 Monograph Mining Disaster left

a thousand children fatherless, when an accidental explosion killed 250 fathers and 367 men.

Inspired by the US's first Mother's Day earlier that year, Clayton encouraged her pastor — Reverend Robert Thomas Webb — to dedicate a special service to the victims of Monograph.

This was held on July 5, the closest Sunday to her own father's birthday.

So Father's Day was not originally a day of breakfast in bed and greetings cards. It was a dedication to unforgotten fathers, and a memorial to the tragic loss of men's lives.

Over 60 years later, in 1972, US president Richard Nixon declared Father's Day a national holiday, signing the day into law during his re-election campaign.

How will you be celebrating Father's Day this year?



**PLEASE NOTE: We do not provide walk-in services.**

**We are by appointment only.**

**If you require an appointment please call us on 01952 586691 or call 111**

## Why does the receptionist need to ask what's wrong with me?

Our reception staff are important members of the practice team and it has been agreed they should ask patients 'why the need to be seen'.

We have trained our reception staff to ask certain questions to help make sure you receive:

- the most appropriate medical care,
- from the most appropriate health professional,
- at the most appropriate time.



Reception staff, like all members of our team, are bound by patient confidentiality.

## International Women in Engineering Day 23rd June

International Women in Engineering Day is celebrated across the globe to raise awareness about the women pursuing engineering and transforming the world with their incredible achievements. For centuries, women have played an essential role as designers and builders of critical structures and machines even before the term 'engineer' was coined in the 11th century. However, fields, such as engineering, have been largely kept shut from women. Upon the establishment of educational institutions, most universities didn't admit women until the early 1800s. Even then, the admission remained sectioned to traditionally 'female' fields.

But this has never deterred women from participating in the engineering sector. In 1876, Elizabeth Bragg, unfettered by the gender disparities and discrimination, became the first female recipient of an engineering degree when she got her bachelor's in civil engineering from the University of Berkeley, paving the way for thousands of women of the 19th century who followed her lead. We also can't forget that it was a woman, Ada Lovelace, who collaborated with Charles Babbage to design the first computer program in the world.

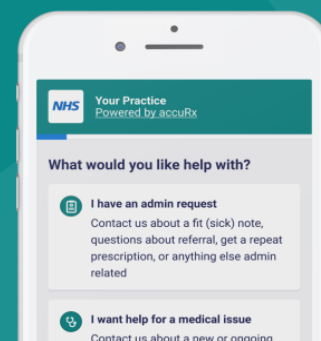
It wasn't until the Second World War that serious attention was paid to women's education in technical fields. Facing the reality of the shortage of technical labor, quick on-the-job training schedules were launched by major players in the field. Even in the 21st century, STEM continues to be dominated by men. With the gruesome gender gap and hiring discrimination, women continue to endure struggles in this field. Nevertheless, if women have the passion and they remain determined, they may be able to close this gap and get high-paying engineering jobs like men soon in the future.



## Contact us online

Submit a new request

If you need help with a non-urgent medical or admin request, you can now contact us online.



## Repeat Prescriptions

The easiest, safest and quickest way to order your repeat prescription is online via patient access or via our patient email address. [patients.woodside@nhs.net](mailto:patients.woodside@nhs.net). There is no need to make a phone call or visit us; instead computer, smartphone or tablet users can request repeat prescriptions anywhere – 24 hours a day, seven days a week. You can also check what medication you should be taking and when.

If you are unable to request your medication online then you can pop into the practice, fill in a repeat prescription request and put it in the prescription box in the foyer. You can also request your prescriptions through your chosen pharmacy.

If you are not already registered for Patient Access or the NHS App, please let a member of the Practice team know you would like to use this service.

Please allow 3 full clear working days before collecting your prescription during normal working hours. The table below will show you when you can pick up your prescription based on the day you request it.

**Please note :** if you are calling to chase your prescription status you will need to call between 11am and 1pm. However, you can also call your chosen pharmacy or check this status online at patient access.



### Woodside Medical Practice

Park Lane  
Woodside  
Telford  
TF7 5NR

Phone: 01952 586691

E-mail: [patients.woodside@nhs.net](mailto:patients.woodside@nhs.net)

### Opening Hours

Monday 8.30am – 6.00pm  
Tuesday 8.30am – 6.00pm  
Wednesday 8.30am – 6.00pm  
Thursday 8.30am – 6.00pm  
Friday 8.30am – 6.00pm  
Saturday CLOSED  
Sunday CLOSED

Telephone lines open Monday—  
Friday from 8am—6pm .



WE ARE CLOSED FROM 1PM FOR STAFF  
TRAINING ON:  
**THURSDAY 22ND JUNE 2023**