

“Your Practice, Your Voice” July 2024 Newsletter

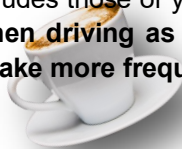


Welcome to the Summer newsletter! Let’s make a special mention of the younger generations....some of your children will have finished sitting their exams and thinking about their futures, some will be leaving primary school at the end of term and embarking on their journey through secondary school after the summer holidays. In any event, the six week break is almost upon us so this edition contains details of local activities for all the family to enjoy. Costs are understandably an issue so we have focused overleaf on ideas to suit all budgets. Happy reading!



Important information to bear in mind over the summer:

The mini heatwave reinforces the need to take precautions even if you are outdoors and the sun is not particularly strong; it’s easy to suffer sunburn so please remember to apply sunscreen multiple times per day, and always use factor 50 for your young ones, the same applies if you are fair skinned. Our weather is without doubt very changeable, but should the temperatures increase again? Please take extra care. It is easy to develop sunstroke and/or heatstroke caused by prolonged exposure during the hottest times of the day which seems to now be typically between mid afternoon to early evening. Remember to stay hydrated and take a drink with you at all times. This applies to all ages and includes those of you who primarily work outdoors, even if you are in good health. **Please also take extra care when driving as fatigue levels increase more rapidly with concentration and reaction times affected. Take more frequent breaks as much as possible.**



The NHS website contains an excellent summary about the signs of heat exhaustion and heatstroke, how to recognise the symptoms and the appropriate action to take:

Heat exhaustion does not usually need emergency medical help if you can cool down within 30 minutes. If it turns into heatstroke, it needs to be treated as an emergency. Check for signs of heat exhaustion:

- * Tiredness
- * Dizziness
- * Headache
- * Feeling or being sick
- * Excessive sweating, pale and clammy skin
- * Heat rash, which can be harder to see on brown and black skin

- * Cramps in the arms, legs and stomach
- * Fast breathing or heartbeat
- * High temperature
- * Being very thirsty
- * Weakness

Please visit www.nhs.uk/conditions/heat-exhaustion

The Garden City Practice

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PATIENTS' VOICES

Helping you live healthier



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BIG Summer will be returning to Welwyn Hatfield from the **29 July - 18 August**.



Many fun activities will be available for children, teenagers and families to get involved in. From trying a new sport and exploring the outdoors to unleashing creativity, there is something for everyone. Last year saw more than 90 activities and 1000 children taking part and this year is set to be bigger and better than ever. Full details can be found at one.welhat.gov.uk/bigsummer

Stanborough Park and Lakes: Why not enjoy a visit to this award winning park and lakes covering 126 acres?

With something for all ages and tastes, the Park offers a rewarding day out for all the family. Take a gentle stroll, picnic or just laze away an afternoon relaxing in the award winning parklands. Home of Stanborough Park Activity Centre, on the South Lake you can experience Sailing, Kayaking, Canoeing and Stand Up Paddleboarding in one of our many activity sessions. Facilities include fishing, nature trail, children's play area, watersports, rowing boats, pedal boats and water walkers, model boating lake, nature walks and orienteering trails, bouncy castles, and plenty of dining/refreshments facilities. Something for everyone!



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Sunscreen

UV Protection

Memories

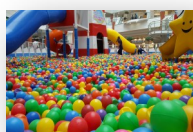
Meeting friends

Exploring

Road Trip



Campus West: With a choice of Cinema, Roller City, Soft play city and Humphrey's Café/Lounge bar, there's something for everyone! Please visit www.campuswest.co.uk



Something for animal lovers! Why not treat yourselves to a family excursion; this wonderful park is well worth a visit. For further information please head to www.hertfordshirezoo.com. **But beware of the 30 or so life-size, moving and roaring dinosaurs!!!**



Aged between 6 & 22, & find stage/theatre appealing? You can book a **FREE** trial & be taught by TV/Theatre industry professionals....act, have fun, build confidence, direct, write and work behind the scenes, and even audition for shows! Check out www.mimietheatre.co.uk. Or why not try Acro Dance? For age 10+, again have a free trial. Head over to



Just a reminder of services that can help when the practice is closed:

- **NHS 111**
- **Herts urgent care: QEII Hospital, Welwyn Garden City**
- **Any of the local pharmacies**

See you in September!!!

