

Fountains Medical Practice

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Fountains Medical Practice

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Summer 2026 Newsletter

Patient Participation Group (PPG)

We have decided to create our own PPG !

A PPG is a group of volunteer patients, carers and GP staff who meet regularly to ensure the practice puts the patients at the heart of its service.

This is not a place for individuals to raise personal complaints or agendas, our focus is for improvements for the whole patient population to benefit from.

If this is something you are interested in joining please email us with for the attention of Sarah, or pop into the practice to speak to Sarah for more information!

Email: fountainsmedicalpractice@nhs.net

NHS App

The NHS App is a simple way to access a range of NHS services anytime.

What can you do?

- Order repeat prescriptions
- Book, check or cancel appointments
- View your GP health record, including test results and letters
- Check symptoms and get NHS advice.

You can set this up via the app without having to come into practice to fill in any forms!

Blinx Paco

We are now using BLINX for messaging as well as patients being able to fill in health forms. We are also moving towards sending emails instead of texts.

Please provide us with your up to date email address so we can keep in touch with you!



Online Patient Access
from **PACO GP**

Enter the Digital Front Door

Book your appointment online!

You can now book your cervical screening (smear test) and Women's Health appointments online at a time that suits you!

You can book through the NHS App or patient access, simply log in and choose an available appointment.

Skip the phone queue and book online!

Staying Vaccinated

Make sure you are staying protected throughout the year with RSV, Shingles and Pneumococcal Vaccines!

Please call the practice to see if your eligible and get booked in

The RSV vaccine helps protect against
Respiratory Syncytial Virus

Eligibility

- Pregnant
- Aged 75 or over
- If you live in a care home

The Shingles vaccine helps reduce the
chances of getting shingles, or if you do
reduce chances of serious problems

Eligibility

- If you turned 65 on or before September 2023
- Aged 75 to 79

The Pneumococcal helps protect against
illnesses like pneumonia and meningitis

Eligibility

- 16 weeks old up to 1 year
- Aged 65 and over
- Anyone at higher risk of getting seriously ill

Summer Update from Your Social Prescriber

Summer has been a wonderful opportunity to help residents get outdoors, enjoy the gardens, stay active and top up their vitamin D. Spending time outside has such a positive impact on both physical and mental wellbeing, and it's been fantastic to see so many residents making the most of the sunshine.

Our Sankofa Songsters Intergenerational Choir continues to grow and has now expanded to Birch Heath Lodge, Kingscourt and Chester Lodge. We were also incredibly proud to see residents from Belong Chester and Grosvenor Manor appear on *Songs of Praise* alongside children from the Ready Generations nursery, showcasing the power of bringing generations together.

Our Stay Curious pilot at Florence Grogan House has been a huge success. Designed to keep minds active through curiosity and new experiences, residents have explored Roman history with a visiting soldier, recorded their own song with a sound technician, experimented with synthesisers, built model railways and even danced to *The Locomotion*. The feedback from residents and staff has been overwhelmingly positive.

Residents from Wealstone, Belong Chester and Florence Grogan House also enjoyed a fantastic trip to Theatre Porto, followed by afternoon tea – a day full of laughter, friendship and new memories.

If you'd like to find out more about any of these projects, please get in touch.

Social Prescribing Link Worker

Hay fever

Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. This is something that cannot be cured but there are things you can do to help your symptoms.

Some symptoms are:

- Sneezing and coughing
- Runny or blocked nose
- Itchy, red or watery eyes
- Itchy throat, mouth, nose and ears

How to ease symptoms :

- Put Vaseline around nostrils to trap pollen
- Wear sunglasses, mask or wide brimmed hats
- Shower and change clothes after you have been outside
- Keep windows and doors shut as much as possible
- Vacuum regularly and dust with a damp cloth

Pharmacists can help with other treatments such as antihistamine drops, tablets or nasal sprays



Stay Hydrated !

Most adults should aim to drink around 6-8 glasses of fluid per day.

Tips on staying hydrated

- Keep a refillable water bottle with you
- Drink throughout the day, even before you feel thirsty
- Limit sugary or high caffeinated drinks
- Eat water rich foods like watermelon and cucumber

Don't forget to drink! Even mild dehydration can leave you feeling tired or unfocused.



Heat exhaustion and Heatstroke

With the temperatures rising, it is important to be aware of the risks of heat exhaustion and heatstroke. Heat exhaustion is usually manageable at home but heatstroke needs medical attention urgently.

Heat exhaustion signs

- Headache, dizziness, or weakness
- Feeling sick or vomiting
- Excessive sweating
- Pale, clammy skin
- Intense thirst

What to do for heat exhaustion

- Move them to a cool place
- Give plenty of fluids, cool their skin with water

Heatstroke signs

- Very high temperature
- Hot skin with little to no sweating
- Fast breathing or heartbeat
- Confusion or loss of coordination
- Seizures or loss of consciousness

What to do

- Call 999 immediately, while waiting try to cool them down.



Safe swimming

Swimming is a great way to keep active in the summer but remember to be safe!

- Choose lifeguarded areas
- Never swim alone
- Supervise children closely

Open water can be cold and unpredictable, even in hot weather. If in trouble, float on your back and call for help.

In an emergency call 999

