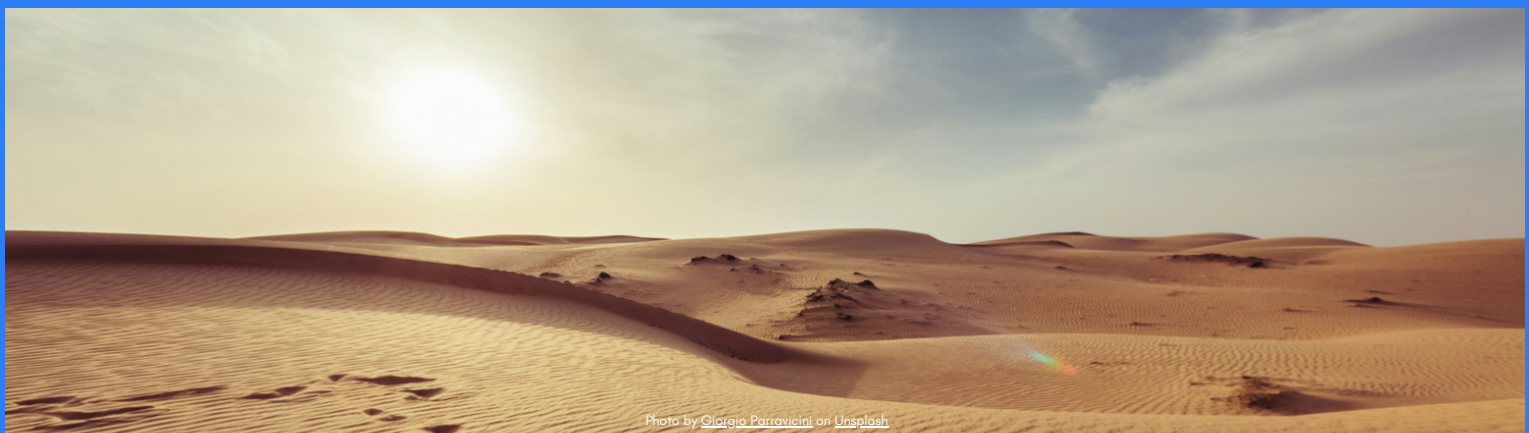


SONNING COMMON HEALTH CENTRE



NEWSLETTER

JULY 2026



HOT ENOUGH FOR YOU?

England has just survived it's hottest June on record and these 'heatwaves' are looking to be our new normal in the summer months. The NHS and the UK Health Security Agency advise following these practical steps to stay safe and well during hot summer weather:

Keeping Your Home Cool

- Block the sun: Close blinds and curtains on windows that face direct sunlight during the day.
- Ventilate at night: Open windows and let air flow through your home only when the outside air feels cooler than the inside.
- Use fans safely: Electric fans can help circulate air, but avoid pointing them directly at your body if the room temperature exceeds 35°C to prevent dehydration.
- Turn off electronics: TVs, chargers, and laptops generate unwanted heat; switch them off when not in use.

Hydration & Diet

- Drink regularly: Stay hydrated throughout the day, even if you don't feel thirsty.
- Avoid dehydrating drinks: Limit caffeine, sugary drinks, and alcohol as they contribute to fluid loss.
- Eat cool foods: Opt for cold meals and water-rich foods like salads and ice lollies.

Sun Safety & Being Outdoors

- Avoid peak UV rays: The sun is strongest between 11 AM and 3 PM; stay in the shade whenever possible.

- Wear protective clothing: Choose loose, light-coloured, and lightweight clothing made from breathable natural fabrics like cotton. Wear a wide-brimmed hat and UV-sunglasses.
- Apply sunscreen: Use a high-protection sunscreen with an SPF of at least 30, and reapply it regularly.
- Plan your activities: Limit strenuous physical activity or schedule it for the early morning or evening when it is cooler.

❄️ Personal Cooling Tips

- Take cool showers: Cool your body down with a cool shower or by sponging your skin with cool water.
- Use cold packs: Applying wrapped cold packs under the armpits or on the neck helps lower your core temperature

GET IT ALL BEFORE YOU GO



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We offer a lot of services at the surgery, but we can't do it all. We may refer you to a consultant specialist, a hospital department or another secondary care team to support your needs. Before you leave an appointment with them – make sure you ask these questions:

- Where is my prescription? How do I get it?
- When is my next appointment?
- Is there anything else I need to support my care?
- May I have a copy of my results/ notes?

Patients often believe that secondary care providers freely communicate a patient's progress, needs, and treatment plans with their GP surgery. However, this information is not shared through a central database.

In most cases, we must wait several days or weeks to receive a printed letter, which can delay ongoing treatment, particularly for patients with more urgent needs.

If you are receiving treatment from secondary care and have a question, need a prescription, or wish to follow up on your care, please contact the secondary care provider directly.

Hospitals are responsible for any urgent prescriptions. If you have any questions, contact the hospital team.

CHECK BEFORE YOU TRAVEL

Are you planning a summer retreat? Gifting your family a memory making adventure? Checking the bucket list with the trip of a lifetime? Gathering your friends together to book a holiday you deserve?

Make sure you have all the required jabs before reaching your final destination. Several required vaccinations are available through the NHS, others may be available for a fee. To find out what is required and who is eligible, please complete a travel form on our website and send it as a PDF to the surgery. **After 3 working days**, contact the reception team to book an appointment. We may direct you to a travel clinic if appointments are not available or the surgery is unable to source vaccines. Wait times for travel clinic appointments can be between 4 to 6 weeks.



image by Freepik

HIGH STAKES DISPENSING: WHY YOUR PRESCRIPTIONS NEED 5 DAYS TO BE COMPLETED

Processing a prescription is far more than a hand-off; it is a high-pressure race for accuracy. Every box represents an invisible gauntlet of clinical checks designed to catch life-threatening errors before they reach the patient's hands. The surgery requires that prescription requests be submitted **5 Full working days** before you run out to minimise these risks.

Here are the steps required before a prescription can be fulfilled:

- Prescription request needs to be reviewed and signed by GP - once completed the NHS App will update with 'prescription approved'
- Dispensing team (at surgery or elsewhere) review prescription request
- Medication is ordered (not all medication is kept in stock and sometimes stock runs out)
- Medication will be processed by Dispensing team and stored for collection



image by Freepik

REFER YOURSELF

The surgery can't be open all day everyday. That's why we have curated a page on our website to try and guide patients in need of services outside our opening hours.

The 'When we are closed/ Out of Hours Services' page offers contact details, opening times and a list of services for dozens of secondary care support in the area. From contraception and sick notes to minor injuries and trauma. Have a look around - you'll be surprised what's on offer.



Sonning Common Health Centre Website



image by Freepik

Autumn Covid and Flu Clinics

Mark your calendars, the surgery has locked in their COVID and Flu clinic dates. We will contact all eligible patients closer to the dates - please do not call to book.

Saturday October 3rd - Flu & Covid

Thursday October 8th - Flu & Covid

Saturday October 17th - Flu only

Summer Holiday Hours

SURGERY IS CLOSED BANK HOLIDAY MONDAY AUGUST 31st

Surgery closes by 1pm on Thursday September 3rd

In order to honour fulfilment - any prescription requests must be in the surgery a minimum of 5 working days before we close



Photo by [Lawrence Krowdeed](#) on [Unsplash](#)