



The De Parys Group Newsletter



June 2024

Summer Issue

This quarter we bring you an exciting update on Phase 1 of our move to the Enhanced Services Centre.

We will also discuss how important sunscreen, keeping hydrated & how to spot the signs of Heat Stroke & Heat Exhaustion.

Summer is well on its way!!!



Special points of interest:

- Phase 1 of move is almost ready to go

Amazing Facts about the Summer

- ◇ Did you know that the Eiffel Tower gains about 6 inches in height during the warmer summer months! And its all down to the metal its made of which expands in the heat.
- ◇ Every June goats climb 30ft or more up the thorny and gnarly Argan trees of Southwest Morocco to get a taste of the trees fruit.
- ◇ The earliest modern Olympic Games occurred in the summer of 1896 in Athens, Greece.
- ◇ National month of ice cream is July!
- ◇ The first bathing costume for women was made in the 1800s.
- ◇ An 11 year old invented the ice pop in 1905!
- ◇ In 1015 an Australian man fried some eggs successfully on the sidewalk by using the heat that it collected!

Inside this issue:

Importance of Sunscreen	2
Keep Hydrated	2
Heat Exhaustion & Heat Stroke	2
ESC Phase 1	3
Practice Closure Dates	3
Can you sing the Tune?	4
Milestones/Retirements/Leavers	4

Sunscreen

www.nhs.uk/live-well/seasonal-health

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy.



Protect your eyes in the sun a day at the beach without proper eye protection can cause burns to the surface of the eyes.

Avoid looking at the sun as this can cause permanent eye damage



Most people do not apply enough sunscreen – an adult should aim to apply 6-8 teaspoons of sunscreen to cover the entire body!

Water washes sunscreen off and also reflects the UV rays which increases your exposure!

Take extra care to protect babies and children, their skin is much more sensitive than adult skin and damage caused by repeated exposure could lead to skin cancer in later life!

Make sure you:

- spend time in the shade between 11am and 3pm
- never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 30 sunscreen

Keep Hydrated

www.nhs.uk/live-well/eat-well

Drink regularly throughout the day

Swap sugary drinks for diet, sugar free or no added sugar drinks

Limit fruit juice and smoothies

Drink extra fluids if you have been sweating or feel unwell

Dilute squash drinks or cordials to reduce the sugar content

Drink caffeine in moderation

Drink water!



“Drink at least 6-8 glasses of water per day”



Heat Exhaustion & Heat Stroke

Signs of Heat Exhaustion include:

www.nhs.uk/live-well/seasonal-health

- | | |
|--------------------------------|------------------------------------|
| ◇ Tiredness | ◇ Cramps in arms, legs and stomach |
| ◇ Dizziness | ◇ Fast breathing or heartbeat |
| ◇ Headache | ◇ High temperature |
| ◇ Feeling sick/being sick | ◇ Excessive thirst |
| ◇ Excessive sweating | |
| ◇ Skin becomes pale and clammy | |
| ◇ Heat rash | |



Enhanced Services Centre - Phase 1

Our visions and values are centered around ensuring we meet the needs of our population through patient centric approach and via multi professional teams for best outcomes.

Vision

- * Patient centered and holistic approach
- * Improving patient outcomes
- * Multi professional Teams
- * A future model of General Practice that is sustainable, attractive and rewarding.

- ◇ Focus on prevention & early detection
- ◇ Care delivered outside of hospitals or other institutions where appropriate
- ◇ Integrated services
- ◇ Work in an integrated way
- ◇ Maximized innovation
- ◇ Use of digital technology & advanced technology

“Staff welfare is a core principle, and this will be ensured as the site moves take place”.



When will Phase 1 be complete? Early August 2024

- ◇ 9 x clinical staff from De Parys and 12 x clinical staff across the other town sites will move to the new ESC site in early August.
- ◇ The remainder of Pemberley, Goldington Road, Bromham and Church Lane will remain Business As Usual.
- ◇ De Parys will become the new Management (Virtual Clinical) and Admin Hub.

- How will we communicate to patients?
- Website
 - Facebook
 - Waiting Room Screens
 - Patient Participation Group
 - Text Message with transition dates

Core Values

Care

Respect

Integrity

Trust

Accountable

If you have any questions or feedback around the ESC Move please email: blmkicb.dpcommunications@nhs.net. A set of FAQs will be built around these & published for staff.

Practice Closure Dates

2024

- 19th June— HEAT
2.30-6.30
- 17th July—HEAT
2.30-6.30
- 26th August— Bank Holiday
- 19th September—HEAT
2.30-6.30
- 24th October—HEAT
2.30-6.30

2024

- 20th November—HEAT
2.30-6.30
- 25th December—Christmas Day
- 26th December—Boxing Day

2025

- 1st January—New Years Day
- 22nd January—HEAT
2.30-6.30
- 19th February—HEAT
2.30-6.30
- 19th March—HEAT
2.30-6.30

Sing the Tune

The De Parys Group

01234 351341

Comprising

The Enhanced Services Centre
Pemberley Avenue
Goldington Road
Church Lane
Bromham Surgery

De Parys Avenue Management &
Admin Hub



- "Cruel Summer"
- "Dancing in the Street"
- "Summertime"
- "Walking on Sunshine"
- "Summer in the City"
- "Hot Fun in the Summertime," "California Girls"
- "Summer in the City"
- "Sitting on the Dock of the Bay"
- "Under the Boardwalk"
- "Beautiful Day"
- "Mr Blue Sky"



Milestones/Retirements/Leavers

