Living Well Partnership

livingwellpartnership.nhs.uk

SUMMER NEWSLETTER 2026

August bank holiday opening hours





Our surgeries are closed on
Monday 31st August

Anima will be unavailable from:
12pm Friday 28th August
until 6:30am Tuesday 1th Sept

Think Pharmacy First - find out if your local pharmacy is open over the bank holiday:
www.nhs.uk/nhs-services/pharmacies/

Healthier Together can provide advice if your child is unwell.
Call 111 for help or dial 999 in an emergency.

Read a day in the life of a GP with Dr Cristina Hanganu

SCAN ME!

Storing medicine in a heatwave

Standard medicines should be stored in a cool dry place below 25°C and fridge medicines between 2°C and 8°C. During a heatwave you should move medications away from hot zones like kitchens, bathrooms and windowsills.
Never leave them in a car.
Drink more water and stay cool if you're taking diuretics or blood pressure medication.
During hot weather, your body loses more water through sweating – but some medicines can make this worse, or make it harder for your body to cope with heat.



See link for further information:
https://www.gov.uk/government/news/dont-let-this-heatwave-affect-your-medicines-three-important-tips-from-the-mhra

Stay safe in the sun this summer!



- Keep hydrated
- Stay in the shade 11am- 3pm
- Use suncream, even when it's cloudy
- Wear a hat and loose clothing
- Cool down by having cold food and drinks
- Take a cool shower
- Avoid alcohol and caffeine
- Close windows during the day and open them at night when it's cooler
- Look out for children and older people who find the heat hardest
- Remember heatstroke is a medical emergency- symptoms include confusion, a temperature over 40C, nausea or vomiting, loss of consciousness and convulsions or seizures.

Find out more at: www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/

Watch out there's ticks about!



It's the perfect conditions for these mini beasts. Here's a reminder of some simple 'tick tips'.

- Ticks can be found in woodland, grassland, moorland or heathland but are also found in urban parks and gardens.
- Wear appropriate clothing i.e. long sleeves,
- Use an insect repellent.
- Wear light coloured fabrics that may help you spot a tick on your clothes.
- Inspect your own skin and your children's for ticks, including your head, neck and skin folds.
- Check that pets do not bring ticks into your home in their fur.

The only safe way to remove a tick is to use a pair of fine-tipped tweezers, or an easy-to-use device which can be purchased from pharmacies or vets.
Contact your GP if you begin to feel unwell or develop a circular red skin rash, often described as a bull's-eye rash. Remember to say that you were bitten by a tick.



Travel vaccinations



Book your vaccinations 6-8 weeks before you travel! We offer polio, typhoid, hepatitis and cholera vaccinations.
You can book your vaccinations by submitting an Anima.

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Recent positive feedback

"My hearing has been restored and I can hear as well as before. Thank you, thank you, thank you. Now I can enjoy my music again."

"Easy booking the blood test on the app with plenty of appointments available so I could pick one that suited my availability. Friendly phlebotomist who put me at ease. Results back already on the NHS app."

"A professional and warm welcome from the team."

"The Doctor explained in detail what might be the problem, what options I have and what steps I can take moving forward."

You can submit feedback on our website:
livingwellpartnership.nhs.uk/have-your-say/

The Partnership in numbers

1st March - 30th June 2026

Incoming calls: 13,813
Average phone waiting time: 1 minute
Avg time spent in waiting room: 5 minute

Appointments offered: 72,917
Did not attend appointments: 4,708
Estimated cost of missed appointments: £142k

Please let us know if you cannot attend your appointment so we can give it to someone who needs it.
Call us on 023 8044 9913 & choose option 2, use the NHS app or complete an Anima to cancel your appointment.

A warm welcome to our new staff

We wish them all the best in their new roles

Care Navigators
Lucy and Trudi

GP
Dr Adeola Giwa - West End

Trainee GP
Dr Godbless Adibeli - Weston Lane

Receptionist
Katherine

Pharmacists
Nisha Holgate
Gurkiran (Kiran) Roopra

Hayfever tips - think Pharmacy First!

Visit your local pharmacy for nasal sprays, antihistamines and eye drops. Take your medicine every day, even if your symptoms improve. Daily medication is the best way to control your symptoms. To help relieve your symptoms:

- Keep your windows and doors shut.
- Shower after you have been outside.
- Wear wrap around sunglasses to protect your eyes from pollen.
- Change your clothes regularly.
- Use a barrier balm round your nose to trap pollen.
- Keep your car windows shut.

Find out more from our news post: https://livingwellpartnership.nhs.uk/news/hayfever/

healthwatch Southampton

How will I get there?

Travelling to healthcare appointments in Southampton



Our transport booklet has detailed advice on:

- How to travel
- Where to park
- Practical support
- Financial support
- What to do if you can't get to your appointment

Read full guide online Click here

Pick up a copy at your surgery or visit healthwatchsouthampton.co.uk/reporting/

Thank you!

We would like to thank Dr Olivia Rodrigues as she steps down as a partner at LWP. Dr Rodrigues joined as a partner in 2001 at West End surgery and since then she has become a highly valued, dedicated and deeply respected member of the clinical team and local community. Dr Rodrigues will continue to see patients at Botley.

Are your contact details up to date? Remember to let us know if your phone number or address has changed.