June 2023

# The Great British Summer has arrived!



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.

### Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

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

[***https://www.nhs.uk/live-well/seasonal-***](http://www.nhs.uk/live-well/seasonal-) ***health/sunscreen-and-sun-safety/***

# Stay Safe - Be Water Aware

[**#FloatToLive**](https://twitter.com/hashtag/FloatToLive?src=hashtag_click)

**Laisteridge Lane,**

## Bradford, BD5 0HR

**01274 371380**

# Hay fever



Hay fever is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest.

Symptoms of hay fever include: sneezing and coughing

a runny or blocked nose itchy, red or watery eyes

itchy throat, mouth, nose and ears loss of smell

pain around your temples and forehead headache

earache feeling tired

If you have asthma, you might also: have a tight feeling in your chest

be short of breath wheeze and cough

### Consult a Pharmacy if you have hay fever.

They can give advice and suggest the best treatments, like [antihistamine](https://www.nhs.uk/conditions/antihistamines/) drops, tablets or nasal sprays to help

### Please talk to your young people about the dangers of cooling off in rivers, lakes & reservoirs.

**If you see someone in trouble remember** [***#CallTellThrow***](https://twitter.com/hashtag/CallTellThrow?src=hashtag_click).

***Call 999* - ask for Fire. *Tell* them to float on their back *throw* them something that floats.**

**Mental Health Struggles?**

***Remember, you are not alone.***

If you feel in mental health crisis, you can call the following:

#### First response 0800 952 1181 (24/7), Samaritans 116 123(24/7), Mind in Bradford Guideline

***0800 1884884 (12pm-12am) or call 999.***

[**#support**](https://www.facebook.com/hashtag/support?__eep__=6&__cft__%5B0%5D=AZWoU2mlut5Vsk8-yBS4RzwYdReFvqTME4PQNtJkUgubUTY5i1n9xLLOjTMVr7QUicCbfync2r26fJaKC5kTAUt-VS2lV0cpy--xSFRzhx6zaH8NAZnzfDlJPh3EAazSfPatCtw6l4az8FGJDroF9uO-ldMNmuBBq1fUI1LiUqcP_QwDgtUeKGkwDfHqvROoQV4&__tn__=%2ANK-R) [**#depression**](https://www.facebook.com/hashtag/depression?__eep__=6&__cft__%5B0%5D=AZWoU2mlut5Vsk8-yBS4RzwYdReFvqTME4PQNtJkUgubUTY5i1n9xLLOjTMVr7QUicCbfync2r26fJaKC5kTAUt-VS2lV0cpy--xSFRzhx6zaH8NAZnzfDlJPh3EAazSfPatCtw6l4az8FGJDroF9uO-ldMNmuBBq1fUI1LiUqcP_QwDgtUeKGkwDfHqvROoQV4&__tn__=%2ANK-R)

## Returning home for Summer? Patient Engagement

As exam season is upon us and as you prepare

to return home for the summer, its important you are aware of how best to access the NHS until your return.

#### Did you know we offer Electronic Prescriptions?

If you take regular medication, you can nominate a pharmacy to receive your repeat prescriptions electronically. Please ask reception for more information.

If you fall ill whilst at home you can also temporarily register at your local GP. Upon your return you can continue your NHS care with us here at Bradford Student Health Service. NHS 111, 999 & A&E are also available to access in your local area.

#### Do you have access to your NHS Online Services?

Pay us a visit in the practice with some photo ID and we can provide you with the details needed to send your online access request to your GP. Having online access allows you to view your medical record should you need to, request repeat medication and view

appointments.

Your feedback and views are extremely important to us.

We use them to shape the services that we provide and commission. We will keep you informed about what is happening within the practice and of the important changes happening within the NHS.

You can join our Patient Engagement group by contacting Elaine on 01274 371380, follow us on Twitter @BSHSDOCS, or find us on Facebook - Bradford Student Health Service.

You can also call in to the practice and post a suggestion in the suggestions box in the waiting area or fill out our Patient Survey which is available from reception.

Positive patient experience is our main aim and we would like to hear your views, we welcome the positives and any suggestions on improvements so we can work on providing the best possible care and patient experience.

## Useful Contacts

**Bradford Student Health Service** - 01274 371380

**First Response** - 0800 952 1181

**MyWellBeing College** - 0300 555 5551

**Locala Sexual Health** - 0303 3309500

or text a Nurse on 07312 263 032

**Bradford Royal Infirmary** - 01274 542200

**TB Clinic** - 01274 323439

**Early Pregnancy Unit (BRI)** - 01274 364325 **Bradford Travel Clinic** - 01274 750660 **Bradford Uni Eye Clinic** - 01274 234649

**BRI Hospital Appointment Line** - 01274 274274

## [#NationalBloodWeek](https://twitter.com/hashtag/NationalBloodWeek?src=hashtag_click)



**NHS England** - In one hour you could help save up to three lives. This [**#NationalBloodWeek**](https://twitter.com/hashtag/NationalBloodWeek?src=hashtag_click)**,** join the thousands of people giving blood every day.

Book now at [***http://blood.co.uk***](https://t.co/yP8Qu0rS1q)***.***

## June Awareness

 





### Bradford University Postgraduate Open Day - Saturday 8 July.

Find out about courses, career options, funding, and life as a postgraduate student at Bradford.

#### Book your place now:

[https://bit.ly/3J2uWMk](https://t.co/464QvbcaQO)

### 5- 12 June is [#CarersWeek](https://twitter.com/hashtag/CarersWeek?src=hashtag_click).

The theme for this year is 'Recognising and supporting carers in the community'



Join us at [@UniofBradford](https://twitter.com/UniofBradford)

for one of [@BDCFT](https://twitter.com/BDCFT)'s brand new monthly Dementia Hub sessions. A hub of support, provided by [#carers](https://twitter.com/hashtag/carers?src=hashtag_click) in our community.