

# Academy Medical Centre

## Newsletter—Summer 2026



### Public Holidays 2026

We will be closed all day on the following Public Holidays –

- Monday 27th July 2026

We will be closed in the afternoon from 1pm to 6pm for staff training on:

- Wednesday 2nd September 2026

If you take regular medications, please ensure you check you have enough left to cover whilst the practice is closed. It's also **important not to over order**, so only request what you need, and make sure you don't run out of anything during that time.

If you are ill during the days the practice is closed, and you can't wait until it reopens, help will be available from a range of NHS services, from your pharmacy and minor injuries unit, to NHS Inform and NHS 24 on 111.



### Practice Updates:

We are having an open day on Tuesday 7th July 12pm—4pm. We can hope that you can join us on what looks to be an exciting day! More information on page 4.

We would like to provide an update on the **Primary Care Occupational Therapy (PCOT)** service at Academy Medical Centre.. Following a pilot phase, this service has now concluded. The pilot was successful and has demonstrated the value of PCOT. The PCOT team is grateful for the opportunity to deliver this service at AMC for the last year and to contribute to such an important area of work. Thank you to everyone who engaged with and supported PCOT service over the last year.



For services and the latest practice news let us know your email address and we will add you to our mailing list or visit

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## Your feedback means a lot to us...



We had a lovely patient hand in flowers for Ren (Nursing Consultant) and Kirsty (Admin Team) to say thank you for all their continued support.

We really appreciate all of your lovely feedback and generous gifts—they really boost staff morale and mean a great deal to the team.

## Tiny Habits

Do you think you could make improvements on something you are already doing? The key is to keep it small that it feels effortless and easy to repeat consistently. Small changes often stick better than ambitious goals because they require very little extra motivation.

Check out some of these suggestions:

**When you wake up** → drink a glass of water before checking your phone.

**When you make coffee or tea** → do 5 squats or a brief stretch while it brews.

**When you brush your teeth** → stand on one leg for balance practice.

**When you leave the house** → take three deep breaths before starting your journey.

**When you go shopping** → walk instead of driving once a week if the distance is reasonable.

**When you take a phone call** → stand up or walk around while talking.

**When you sit down to work** → spend one minute planning your top priority for the day.

**When you eat lunch** → add one piece of fruit or a serving of vegetables.

**When you finish dinner** → wash one dish immediately or take a 5-minute walk.



## Important information about Nexplanon Implant!



Nexplanon is now licensed for use for up to 5 years in the UK.

For more information please view the below link:

CoSRH statement for more information.

[https://www.cosrh.org/Common/Uploaded files/documents/CoSRH\\_CEU\\_statement\\_Nexplanon.pdf](https://www.cosrh.org/Common/Uploaded files/documents/CoSRH_CEU_statement_Nexplanon.pdf)

## Meet the Team: Lynda

Lynda celebrated 22 years at AMC this past April. She has always worked as a receptionist and, although some administrative staff were offered the opportunity to take on Healthcare Assistant (HCA) duties when she first joined, it never appealed to her. She started in a part-time role, later moved to full-time hours, and now works part-time again. Lynda particularly enjoys the behind-the-scenes aspects of her job, including data entry, arranging six-week baby checks, recalling patients for chronic disease reviews, and managing prescription-related tasks. Alongside these responsibilities, she answers phones, books appointments, and deals with patient queries. She enjoys the variety of the role, as no two days are the same and there is always something new to learn. Lynda also enjoys welcoming new team members and sharing her wealth of knowledge and experience. While many things have changed over the years, she believes the basic principles of the job remain the same. She fondly remembers the days before patient records were computerised, when staff had to manually retrieve notes for GPs—a task that left her with plenty of aches and pains during those early days.



Outside of work, Lynda enjoys spending time with her family. She regularly visits her daughter and grandchild in Spain and keeps Thursdays free to spend quality time with her grandson. She also enjoys weekends and trips away with her husband and friends. A keen traveller, Lynda also loves walking, reading, and swimming in her spare time.

# SAVE THE DATE

## Academy Medical Centre – Community Open Day

 Tuesday 7th July 2026  12pm–4pm

Come along and meet local health, wellbeing and community services all in one place.

**Special Highlights:** Special Guided Walk 12pm–1pm  
followed by a cuppy & meet the Therapy Ponies!

• Highland Dancing Group performance 1.30–2.30pm



Whether you're looking for support, activities, advice, or just want to see what's available locally, there will be something for everyone.



All welcome



Free event



Drop in and say hello



# BEAT THE HEAT!

STAY COOL  
STAY SAFE  
STAY HYDRATED!

## 1 SUN SMART



-  Wear sunscreen & reapply often
-  Protect your head with a hat
-  Take breaks in the shade
-  Wear light, loose clothing

## 2 COOL YOUR BODY

-  Keep a damp t-shirt on
-  Use cooling sprays
-  Take cool (not icy) showers
-  Cool hands & feet in cold water

## 3 HYDRATE, HYDRATE, HYDRATE!

-  Drink plenty of water
-  Avoid caffeine
-  Replace lost fluids & salts
-  Watch for dehydration: dry mouth, headaches, dizziness



## 4 GO EASY ON ALCOHOL

-  Alcohol increases dehydration
-  It can make hot nights harder to sleep through
-  Drink responsibly and stay hydrated

## 5 EAT LIGHT, STAY BRIGHT



-  Choose light, balanced meals
-  Eat water-rich foods:



Strawberries Cucumber Lettuce Celery

 Try soups & stews for extra hydration!

## 6 KEEP YOUR HOME COOL



-  Stay indoors during peak heat
-  Keep rooms shaded and ventilated
-  Make your bedroom a cool retreat for better sleep

## KNOW THE RISKS



### HEAT EXHAUSTION






Symptoms:


-  Thirst
-  Dizziness
-  Headache
-  Heavy sweating

Treat by: drinking fluids, resting in the shade, and cooling down.

### HEATSTROKE (EMERGENCY!)

Symptoms:

-  Confusion
-  Nausea
-  Severe headache
-  Muscle cramps
-  Unresponsiveness

 Heatstroke can develop quickly and can be life-threatening.

### CALL 999 IMMEDIATELY

if someone shows signs of heatstroke.

 Cool them down as quickly as possible with wet cloths or a damp sheet.