BARTLETT GROUP PRACTICE

Monthly NEWSLETTER

JUNE 2026 / VOL. 034

As we move into June, we'd like to thank our patients for your continued support during another busy period at the practice. We are committed to providing timely care and ask that you continue to use the appropriate services for your needs, including online consultations and pharmacy advice where suitable.

With the warmer weather, please remember to stay hydrated, protect yourself in the sun, and ensure any repeat prescriptions are ordered in good time, especially ahead of holidays. If you haven't already, this is also a good opportunity to check your NHS App for easy access to appointments, prescriptions, and your health records.

TOP NEWS

- Summer Reminders
- Liver Health Checks
- Going Away?
- BGP Recommends
- Patient Participation Group



You Said: Visit page 5 to see your feedback

We Did: See what we did!



Cervical Cancer Awareness Week

June highlights Cervical Screening Awareness Week, which is a great reminder of the importance of attending your smear test when invited. Cervical screening helps detect early changes that could lead to cancer, often before any symptoms appear.

If you've received an invitation, please book your appointment—it could make a real difference to your health.

A Summer Reminder

As we head into the summer months, we'd like to gently remind our patients that our doctors and staff have families too and may take some time off to rest, recharge, and spend time with loved ones. Taking regular breaks helps them stay well and continue providing the best possible care for you.

We do our very best to maintain appointment availability throughout the holiday period and ensure cover is in place. However, we kindly ask for your understanding and patience at busier times — our team are human too and benefit from time to recharge.

Thank you, as always, for your continued support.

Staying Safe in Hot Weather

Hot weather can be enjoyable, but it's important to protect yourself and your family from heat-related illnesses and sunburn.

How to Avoid Heatstroke

Heatstroke is a serious condition caused by the body overheating. You can reduce the risk by:

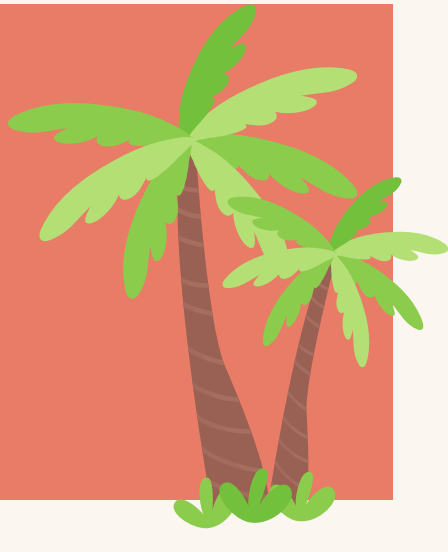
- Drinking plenty of fluids – water is best, even if you don't feel thirsty
- Keeping cool indoors – stay in shaded or air-conditioned spaces where possible
- Avoiding peak sun hours – try to stay out of direct sun between 11am and 3pm
- Wearing light, loose clothing – helps your body stay cool
- Using shade and hats when outdoors
- Avoiding strenuous activity during the hottest part of the day
- Looking out for vulnerable people, including children, older adults, and those with health conditions
- Seek urgent medical help if someone has symptoms like confusion, dizziness, a high temperature, or stops sweating.

Preventing Sunburn

Sunburn can increase your risk of skin damage and illness.

Protect your skin by:

- Using sunscreen (SPF 30 or higher) and reapplying regularly
- Wearing a hat and sunglasses
- Staying in the shade where possible
- Covering up with appropriate clothing
- Taking extra care with children, as their skin is more sensitive



Are You Going Away?

If you're planning a trip abroad this summer, a little preparation can help keep you safe and well while you're away.

Before You Travel, Remember:

Are your travel vaccinations up to date?

- Some destinations require specific vaccinations. Please check well in advance of your trip, as some vaccines need time to take effect.

Have you applied for your free GHIC?

- A Global Health Insurance Card (GHIC) gives you access to state healthcare in many European countries at a reduced cost or sometimes for free. It's quick to apply online and is completely free.

Do you have travel insurance?

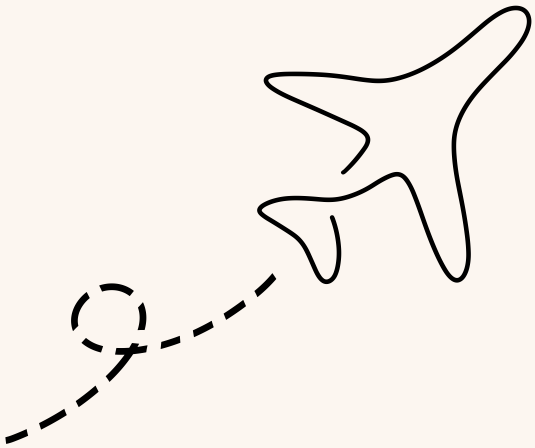
- A GHIC is not a substitute for travel insurance. Make sure you have appropriate cover for medical care, cancellations, and emergencies while abroad.

Do you have enough medication?

- Order repeat prescriptions in good time and take enough with you for your whole trip.

Top Tip: Plan ahead early to avoid last-minute stress and ensure you're fully prepared to enjoy your holiday.





TOP TIPS

For Keeping Cool in Hot Weather

1. Stay hydrated. Drink plenty of water throughout the day, even if you don't feel thirsty.
2. Cool down with ice treats. Try homemade ice lollies – use water with fresh fruit and freeze, or puree fruit and freeze.
3. Keep your home cool. Close curtains or blinds during the day and open windows in the evening when it's cooler.
4. Avoid the hottest part of the day. Stay in the shade between 11am and 3pm when the sun is strongest.
5. Use sun protection. Apply sunscreen regularly and wear a hat when outdoors.

Surrey Liver Health Checks

NHS Royal Surrey NHS Foundation Trust

A free painless scan of your liver to see any fat or scarring with instant results

Eligibility Criteria:

You must be aged between 35-70 and match at least one of these criteria's:

- If your alcohol intake is greater than 14 units per week
- If you have type 2 diabetes or pre- diabetic
- If you have known or suspected fatty liver
- If you are overweight
- If you have a current or have previously had a blood borne virus (Hepatitis B / C)

Please refrain from eating or drinking for 2 hours before your FibroScan procedure. Water is allowed.

Bartlett Group Practice
Wharf Rd, Ash Vale
Aldershot
GU12 5BA

Scan this QR code to book your appointment

MORE INFORMATION:

01483 402679

rsch.surreyliverhealthchecks@nhs.net

https://www.royalsurrey.nhs.uk/surrey-liver-health-checks

May

PATIENT FEEDBACK

We like to collect patient feedback, not just because we have to, but because it helps inform the choices we make when it comes to service provision. It also helps us work out what is working and what maybe could be improved. Patient feedback is very much valued and we have introduced a board at each of our sites where feedback can be left.
Here's some of the feedback we received this month!

You said:	We responded:
For people who don't use computers very much, please make it easier to book appointments for doctors or clinic by phone.	We understand that completing online forms may not be easy for everyone. Our reception team is always happy to help fill in the form with you over the phone if needed. Unfortunately, there isn't a quicker way around the system, as all patients need to be triaged in the same way. This helps ensure everyone is directed to the most appropriate care as quickly and safely as possible.
I did not have to wait long but maybe use the tv in the waiting area to show how many paitents are ahead of you	Thank you for your suggestion. Unfortunately, there is currently no facility within the technology we use to display how many patients are ahead in the waiting area. We appreciate your feedback and will keep this in mind for any future improvements.

We really value all patient feedback. After your appointment, you may receive a text inviting you to share your thoughts. We review these responses regularly to spot common trends and understand what truly matters to patients—not just what we think is best. This helps us shape care around our community's needs!



Your experience matters to us!

We're looking for patients to join our Patient Participation Group — a space where you can share feedback, suggest ideas, and help us improve, but also led by you!
Every voice counts, and we'd love to hear yours.

Join today: https://www.bartlettgrouppractice.co.uk/patientgroup, or speak to reception who can help to get you on board.

Waiting Room PUZZLE

Unscramble the Words

Can you unscramble these cooling words?

LLOLY → _____

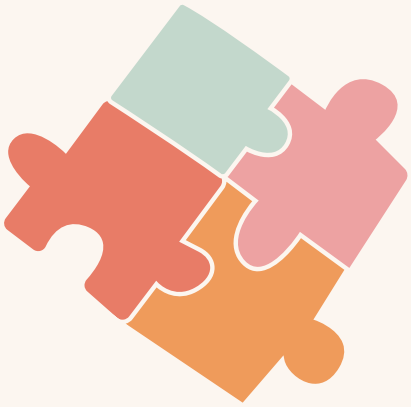
TAREW → _____

UITFR → _____

CEEIRAM → _____

EZFREE → _____

LOLLY, WATER, FRUIT, ICECREAM, FREEZE



Riddle Time

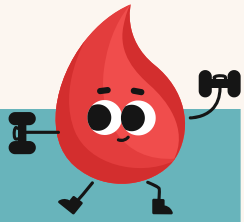
I am cold, sweet, and melt in the sun. You eat me for fun. What am I?

_____

I can be still or I can flow, you drink me everywhere you go. What am I?

_____

Ice lolly / Ice cream, Water



BLOOD PRESSURE

Whilst you're waiting for your appointment, why not check your blood pressure on one of our machines in the waiting room? Knowing your numbers is important to ensure your blood pressure is in range, and helps keep you healthy!

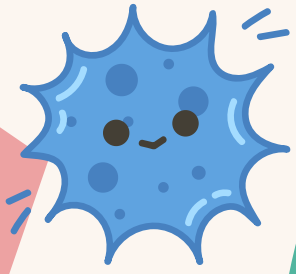


KIDS CORNER!

Be a Germ Buster!



Hi superstars!
Did you know tiny germs are all around us? They're so small you can't see them — but you can stop them!

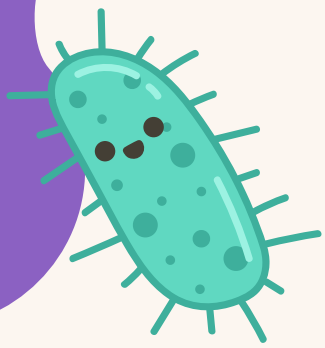


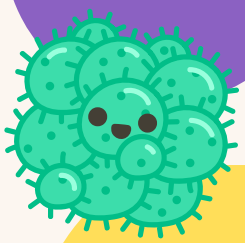
Wash Your Hands Like a Pro
Wash your hands with soap and water:

- Before eating
- After the toilet
- After playing outside
- Sing "Happy Birthday" twice while washing — that's how long it should take!

Catch It, Bin It, Kill It!
If you cough or sneeze:

- Use a tissue
- Put it in the bin
- Wash your hands after!
- No tissue? Use your elbow instead!





Look After Your Teeth
Brush twice a day
Don't forget before bed

Try not to eat too many sugary snacks

Fun Challenge!
Can you be a Germ Buster Champion today?
Washed your hands?
Brushed your teeth?
Used a tissue?

Tick them off and see how many you can get!
Stay clean, stay strong, and keep smiling





BGP RECOMMENDS: CRUNCHY SALAD PITTAS

INGREDIENTS

- 2 tablespoons lemon juice or white wine vinegar
- 1 teaspoon olive oil
- 1 teaspoon Dijon or wholegrain mustard
- 1 quarter of a small red cabbage, finely shredded
- 1 carrot, grated
- 1 small red onion, thinly sliced
- 1 medium apple, cored and chopped
- 20g sultanas or raisins
- 50g reduced-fat hard cheese, cut into tiny chunks
- 1 pinch ground black pepper
- 4 wholemeal pitta breads

METHOD

1. Whisk together the lemon juice or vinegar, olive oil, and mustard, then add all the remaining ingredients (apart from the pittas!) and toss together gently.

Use green cabbage instead of red, if you prefer.

2. Warm the pittas in a toaster or under the grill. Split open and stuff with the salad. Serve at once, or wrap and keep cool until lunchtime.

You could use chopped ready-to-eat dried apricots instead of raisins or sultanas.







Beat the heat with fresh, homemade ice lollies.

To make them, use water with fresh fruit and freeze, or blend fruit into a puree and freeze

Bartlett Group Practice

APPOINTMENT DATA FOR MAY (1ST - 31ST)

Want to know what we've been up to? Here's a snapshot:



28,433

Patients currently registered



1144

Nurse and HCA appointments



5446

Patients contacted by the practice via telephone



8963

Repeat medication requests



1579

Patient telephone calls by the clinical team



2440

Face to face appointments with a GP



274

Patients did not attend their scheduled appointment



841

Referrals completed



1608

Blood appointments with a phlebotomist



148

Cervical smear appointments completed