

The Westgate Practice Newsletter

SUMMER EDITION 2026



ANTIBIOTIC PRESCRIBING

Antibiotics are life saving medications used exclusively to treat or prevent bacterial infections. They do not work against viral illnesses like the common cold, most sore throats or the flu.

Using them only when required ensures that they remain effective for when you need them most. When it comes to antibiotics, please take the clinicians advice on whether you need them or not. If you are prescribed antibiotics, please take them as directed.

Overusing or incorrectly using antibiotics causes bacteria to adapt and change. This process is called antibiotic resistance and when this happens, the bacteria can withstand the antibiotic medication. This makes infections harder to treat and makes medical procedures riskier.

Antibiotics can also cause side effects and taking them unnecessarily means you may endure these symptoms without any benefit. Side effects include being sick, feeling sick, bloating and indigestion or diarrhoea.

Let's keep antibiotics working!

Be Kind

We know accessing care can sometimes feel difficult, and we understand how important your health concerns are. Please remember our staff are doing their very best in a busy and demanding environment, including a lot of work that happens behind the scenes.

We ask that all interactions remain kind and respectful, it makes a real difference. Sometimes we need your help to help you in return. Many of our staff handle emotional weights from patient stories daily whilst also dealing with unprecedented demand and long hours. Our staff have the right to work without fear of verbal abuse, harassment or violence.

Thank you for your understanding and for helping us provide the best care we can.



Stay well this summer!

When temperature rise and the sun is shining, there are a number of things we can all do to stay well this summer.

Hydration and Nutrition

Drink fluids regularly (preferably water) before you feel thirsty to avoid dehydration and heat exhaustion. Avoid sugar drinks, caffeine and alcohol as they can cause fluid loss. Opt for water-rich foods such as fruit and veg.

Sun and Heat Protection

Stay out of the sun, particularly between 11am and 3pm when the sun is at its strongest. Apply sun protection with a SPF of 30 or higher and reapply regularly.

Seasonal Health/Remedies

Wear insect repellent containing DEET when spending time in wooded or grassy areas. Check pollen counts, keeping windows closed and wearing wraparound glasses. Certain medications can also affect your sensitivity to heat.

Appointments are precious!

The practice experiences in an average month, 106 Did Not Attends. Whilst we understand that lives are busy, we would kindly ask patients who no longer need their appointment to cancel them, giving the practice as much notice as possible so that the appointment may be offered to someone else.

We would also like to appeal to patients with pre-booked appointments, that if their symptoms have resolved prior to their appointment date, they do not need to keep that appointment and should cancel at the earliest opportunity, again to free up appointments for those seeking clinical assessment/advice.

If you are arriving at the practice, please note that we have two check-in screens placed either side of reception. This allows patients to check themselves in and directs them to the appropriate waiting area without delay, especially when reception might be busy or dealing with other queries.

Our clinical teams are working hard to provide high-quality care to all patients. Clinics are often very busy, and appointments run to a tight schedule. To help everything run smoothly, we kindly ask that you:

- Arrive a few minutes before your appointment time
- Allow enough time to check in and be ready when called
- If you arrive late, we may not be able to see you as planned, and you may be asked to rebook your appointment.

OTHER NEWS

PRACTICE NOTICES

The Practice will be closed for the August Bank Holiday on Monday 31st August 2026.

The Practice has scheduled Protected Learning Time on Tue 14th July, Wed 12th Aug and Thurs 17th Sept from 1-6.30pm. During these times, clinical availability will be limited. Please submit your usual online forms the following day.

PATIENT PARTICIPATION GROUP

The last PPG meeting was held on Wed 20th May. Meeting minutes are available on our website. The next PPG meeting is scheduled for Wed 9th Sept 2026.

KEEP UP TO DATE WITH THE PRACTICE

The latest news and health forms on the website:

www.westgatepractice.co.uk

FOLLOW US on Facebook:

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WELCOME AND FAREWELL



We are pleased to announce that we have recruited a new Lead Clinical Pharmacist, Tim and new Patient Engagement Officer Liz. Welcome to Westgate!

PLEASE REMEMBER!

Let us know if any of your details change including:

- new address/email
- changed your mobile number
- become a carer

