

The Corfton Surgery Newsletter

July – Sept 2025



Welcome to our Summer Newsletter July-Sep 2025



Heat Waves

— Even though lots of us are enjoying the hot Summer weather, heatwaves can be a big problem for some.

The main risks posed by a heatwave are:

- not drinking enough water (dehydration)
- overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- heat exhaustion and heatstroke

Who's most at risk?

A heatwave can affect anyone, but the most vulnerable people are:

- older people – especially those over 75 and female

- those who live on their own or in a care home
- people who have a serious or long-term illness including heart or lung conditions, [diabetes](#), [kidney disease](#), [Parkinson's disease](#) or some mental health conditions
- people who are on multiple medicines that may make them more likely to be badly affected by hot weather
- those who may find it hard to keep cool – babies and the very young, the bed bound, those with drug or alcohol addictions or with [Alzheimer's disease](#)
- people who spend a lot of time outside or in hot places – those who live in a top-floor flat, the homeless or those whose jobs are outside



Tips for coping in hot weather

Keep out of the heat if you can. If you have to go outside, stay in the shade if you can. If you have to go outside, stay in the shade especially between 11am and 3pm, wear sunscreen, a hat and light clothes, and avoid exercise or activity that makes you hotter.

Cool yourself down. Have cold food and drinks, avoid alcohol, caffeine and hot drinks, and have a cool shower or put cool water on your skin or clothes.

Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down. Electric fans can help if the temperature is below 35 degrees. Check the temperature of rooms, especially where people at higher risk live and sleep.

For more information visit [GOV.UK: Beat the heat: staying safe in hot weather](#)

Staff Changes

Dr Mohamed Unais, one of our GP Registrars (doctors training to be GPs) is leaving at the end of July,. We will be welcoming two new GP registrars from August, Dr Logini Sivaselvam and Dr Talisha Modasia.

We have now increased the number of phlebotomists (people taking blood) we have at the surgery. In addition to David and Iwona, we now also have Bianca. Bianca you may know is also one of our receptionists. Bianca has started training to be a health care assistant in addition to her phlebotomist role. We still have Joseph who comes in on an ad hoc basis to cover additional blood clinics when needed.

Smear Clinics and the NHS App

We now have an extra smear clinic on the last Saturday of each month. So please book an appointment for your smear test if invited.

If your smear test is normal, you will be notified via the NHS App.

Please see this link for setting up your NHS App [How to log in to the NHS App - Help and support - NHS](#) On your NHS App you will also be able to see all your other blood and x-ray results. You can also request your repeat medication. It is very simple to use.

If your smear test is abnormal, you will receive a phone call from our Practice Nurse who will talk you through next steps

Cost of Living Crisis

If you are struggling with your finances and need help with paying for food, you can get help from the Ealing Foodbanks [Locations - Ealing Foodbank](#)

They say:

“If people have never been to our foodbank before and live in Ealing, they can come without a voucher the first time. Our Foodbank Support Team will then create their first voucher and see what help they need as well as where they can get vouchers going forward.”

Patient Participation Group

If you have not already done so, please join our Patient Group.

We always value your opinion. Our Patient Group have always brought a new perspective to our discussions and come up with good ideas. Please get involved in the group by sending us an e-mail (Corftonroad.surgery@nhs.net) for the attention of Vera or Susan. Please include your name and e-mail address and we will add you to our patient group list and invite you to our next meeting which will be in October.