

The Ivers Practice News Bulletin

Summer 2026

Iver Medical Centre

High Street, Iver, Buckinghamshire
SL0 9NU

Telephone: 01753 653008 - Monday to
Friday 08.00 - 18.30 hours

Out of Hours: 111

Opening Times:

Monday - Friday

AM – 08:00 – 12:30 hours

PM – 13:30 – 18:30 hours

If collecting anything from the surgery
after 17:00 hours, use buzzer/intercom at
the front door.

Closed at Weekends & Bank Holidays

Appointments & admin enquiries can
be made using Online consultations –
send an eConsult request.

By using online consultations, we can
triage your problem and make sure you
only need to visit the practice or another
service if it's absolutely necessary. An
online consultation can help you to get the
care you need at the earliest opportunity.

Trewarden Avenue Health Centre

Trewarden Avenue

Iver Heath, Buckinghamshire SL0 0SB

Telephone: 01753 653008 - Monday to
Friday 08.00 - 18.30 hours

Out of Hours: 111

Opening Times:

Monday - Friday

AM – 08:30 – 12:30 hours

PM – 13:30 – 16:30 hours (closing times
and days may vary depending on capacity
and demand).

Closed at Weekends & Bank Holidays

Appointments & admin enquiries can
be made using Online consultations –
send an eConsult request.

By using online consultations, we can
triage your problem and make sure you
only need to visit the practice or another
service if it's absolutely necessary. An
online consultation can help you to get the
care you need at the earliest opportunity.

Practice Statistics: March 2026 – End of May 2026

Number of face-to-face appointments	4492
Number of telephone consultations	1579
Number of medical eConsult requests processed	5080
Number of administrative eConsult requests processed	1559
Number of missed appointments	224

Reminder - Car Parking at the Surgeries

When visiting either of our surgeries by car please remember to enter your car registration number into the keypad next to the reception desk. This will avoid you receiving a parking fine.

Missed Appointments

Missing an appointment is not extra time for a clinician but a lost appointment for another patient. **On average, each missed GP appointment costs our NHS £30.** This means that **£6720 has been lost over the last quarter because of missed appointments at our Practice alone.**

We urge you, if you are unable to attend your appointment you should:

- Use online access to your medical record for cancelling appointments.
- If you cannot access your NHS Account, you can contact reception to cancel your appointment.
- Please contact reception well in advance if you need to reschedule your appointment.

Word from the GP's

We are becoming an Active Practice.

Movement is medicine. Small changes, such as taking a short walk or choosing the stairs, can make a big difference to your physical and mental wellbeing. Through our Active Practice Charter journey, we are committed to supporting healthier and more active lifestyles for our community. Every step counts, if you would like help getting started, please speak to a member of our team, we are here to support you.

The Ivers Practice Has a WhatsApp Channel

Did you know that the Ivers Practice has a WhatsApp channel? To get the very latest information and updates about the Ivers Practice why not join the channel.

Simply scan the QR code below and you will be there.



We are keen to increase our followers. So, keep up to date and informed about what is happening at the Ivers Practice by joining.

Summer Health Message

Summer 2026 is expected to be very warm, potentially among the top five hottest on record, with an increased chance of extreme heatwaves. Driven by climate change and a predicted "super El Niño," forecasters suggest a 40% chance of a "hot" summer, double the normal probability. A 30°C+ heatwave is possible, with peak temperatures likely in July.

Key Summer Health Advice

- **Stay Cool:** Keep out of the sun during peak hours (11am-3pm), stay in the shade, and wear hats/sunscreen.
- **Hydrate & Protect:** Drink plenty of water and avoid excessive alcohol or caffeine. Keep living spaces cool by closing windows during the day.
- **Heat-Health Alerts:** The system operates June 1 to Sept 30, with yellow alerts potentially issued to protect vulnerable groups. See - ukhsa-dashboard.data.gov.uk/weather-health-alerts/heat
- **Check on Others:** Look out for elderly neighbors, friends, and family who may be vulnerable to heat-related illnesses.
- **Travel Prep:** Ensure you have enough prescription medication before traveling.

Using NHS Services

- **Pharmacy First:** Use local pharmacists for minor illnesses like bites, hay fever, or sun burn.
- **111 Online:** Use 111.nhs.uk to get advice on the best service for your needs.
- **NHS App:** Check the NHS App to find local services, including urgent treatment centers, while away from home.
- **Emergency Care:** Call 999 or visit A&E only for serious or life-threatening emergencies.

Common Summer Conditions

- **Sunburn & Heatstroke:** Know the signs of heat exhaustion (dizziness, thirst) and get help if symptoms persist.
- **Ticks & Insect Bites:** Take precautions when walking in long grass or wooded areas.
- **Water Safety:** Be aware of the risks when swimming in open water.