



February 2022 – Surgery Newsletter

Patient Information Regarding Vitamin D Supplement

Vitamin D is made in the skin by the action of sunlight and this is the main source of Vitamin D for most people. It is essential for healthy teeth, bones and muscles. Trials are under way assessing the role of low Vitamin D levels in Coronavirus infections.

Public Health England advises that in spring and summer, the majority of the population will get enough Vitamin D through sunlight on the skin and by eating a healthy, balanced diet. During autumn and winter, everyone will need to rely on dietary sources of Vitamin D. Since it is difficult for people to meet the 10 microgram recommendation from consuming foods naturally containing or fortified with Vitamin D, people should consider taking a daily supplement containing 10 micrograms of Vitamin D in autumn and winter. This is available to be purchased cheaply from pharmacies and health shops.

Surgery Training Afternoon

Along with all other surgeries in the area we will be shut from 12.30 pm on Wednesday, 23 February 2022 for staff training.

Patient Participation Group Meeting

As these meetings are now held bi-monthly the next meeting of the PPG will be held on Thursday, 17 March 2022 at 6.30 pm at Great Bentley Village Hall.

Sue Mitson – Operations Manager