



## MAY 2023 Surgery Newsletter

### May Opening Hours

We are closed on the following dates due to there now being three Bank Holidays in May: Monday, 1 May 2022, Monday, 8 May and Monday, 29 May 2023.

### Surgery News

After nearly 18 years at the Surgery our Reception Manager, Debbie Wright has taken early retirement. We want to thank her for all her hard work and wish her all the very best for the future. Lin Lawrence our Senior Receptionist has taken over as Reception Manager and we wish her all the best in her new role.

### May is Sun Awareness Month

**Four ways to cut your skin cancer risk.**

1. **Know your skin.** You know you are the best person to know how your skin reacts to sun. The more easily you get sunburnt, the more careful you need to be. Remember, sunburn is not just peeling skin, if your skin is red or pink, in the sun that's sunburn. For people with darker skin, it just might feel irritated, tender or itchy.
2. **Check UV index before leaving the house.** This tells you how strong the sun rays are. The higher the number the less times it will take to damage your skin. If it is 3 or higher take care and protect your skin especially if you get sunburnt easily.
3. **Use shade, clothing and sunscreen.** Take a break under umbrellas, trees, canopies or just head indoors. UV rays can go through some fabrics and shade structures. Ensure you cover your skin with clothing and sunscreen on areas that you cannot cover. Remember Clothes, Hat and sunglasses. On parts you can't cover use SPF15 and a rating of four or five stars.
4. **Try the shadow rule.** When your shadow is shorter than you. The sun's UV rays are at their strongest. This is when you are more likely to burn and need to protect your skin.

You can find out more about protecting your skin from the sun **at [cruk.org/sun](https://www.cruk.org/sun)**

### Vitamin D- Strike a balance

Vitamin D helps build and maintain strong bones – and we all need some sunshine to make it. So, there is no need to avoid the sun altogether. People with darker skin might need longer in the sun to get vitamin D, but they also have a lower risk of sunburn.

Short breaks in the sun should be enough for most people, minutes not hours.

### Recommendations

The NHS recommends everyone to think about taking vitamin D supplements from October until end or early April.

For more information on how to improve your health and reduce your cancer risk visit **[cruk.org/health](https://www.cruk.org/health)**

### **Surgery Training Afternoon**

Along with all other surgeries in the area we will be shut from 12 noon on Thursday, 18 May 2023 for staff training.

### **Patient Participation Group Meetings**

The Annual General Meeting of the PPG will be held on Wednesday, 17 May 2023 at 2.00 pm in the Michael Wright Room at Great Bentley Village Hall. There will be a speaker named David Robinson from Diabetes UK.

**Sue Mitson – Operations Manager**