

With the warm weather quickly approaching, we would like to remind all our patients to ensure they are keeping protected whilst enjoying the sun. Sunburn can increase the risk of skin cancer and over 80% of skin cancers are caused by overexposure to UV radiation. You can burn in the UK, even when it is cloudy!

The sun is at its strongest between 11am and 3pm from March to October. We would advise that sunscreen of at least factor 30 is applied just before going out. Staying cool in the shade and covering with suitable clothing will reduce the risk of burning.

Please speak to your Gp if you notice a new mole, growth or lump or any freckles that change in shape or size.

We recently asked over 100 of our patients how they felt about our service?

**94%** said it was very good/ good.



The surgery will be closed on **July 4<sup>th</sup>** at 1pm for staff training.

## No appointment? No problem!

You can now visit your local pharmacy for issues such as infected sting bites, UTI's, shingles, impetigo, pill reviews, acute sore throat, sinusitis, and acute otitis media. They will assist you with a consultation and can prescribe if necessary.

The following slots can now be pre-booked in advance!

- 1) Women's Health appointments
- 2) GP – Prebook able appointments – A small number of appointments are available up to two weeks in advance.
- 3) Diabetic Part One Reviews
- 4) Minor Illness
- 5) Smears – Only for those who are currently due their routine smear.

We are also able to book some appointments at the weekends for:

- 1) GP appointments
- 2) Smears
- 3) Learning disability reviews
- 4) Minor Illness appointments with ANP's.

## Important dates for your calendar

The surgery will be closed on the dates listed below.

- 26<sup>th</sup> August summer holiday
- 25<sup>th</sup> December Christmas day
- 26<sup>th</sup> December boxing day

