

Leven & Beeford Medical Practice Newsletter

Sunscreen & Sun Safety

Advice for adults and children on sun screen and sun safety in the UK and abroad.

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects.

Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 30 sunscreen

<https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>

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Certificate Of Excellence

We have been awarded another Certificate of Excellence for 2019 from *I Want Great Care* for being a 5 Star Practice.



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Protect your moles

If you have lots of moles or freckles, your risk of getting skin cancer is higher than average, so take extra care.

Avoid getting caught out by sunburn. Use shade, clothing and a sunscreen with an SPF of at least 30 to protect yourself.

Keep an eye out for changes to your skin.

Changes to check for include:

- a new mole, growth or lump
- any moles, freckles or patches of skin that change in size, shape or colour

Report these to your doctor as soon as possible. Skin cancer is much easier to treat if it's found early.

<https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>



Be Barbecue Ready with.....

Homemade Tomato Chutney

Method

Ingredients

500g red onion, finely sliced

1kg tomato, chopped

4 garlic cloves, sliced

1 red chilli, chopped (optional)

4 cm piece ginger, peeled and chopped

250g brown sugar

150ml red wine vinegar

5 cardamom seeds

½ tsp paprika

1. Tip all the ingredients into a large heavy-based pan and bring to a gentle simmer, stirring frequently. Simmer for 1 hr, then bring to a gentle boil so that the mixture turns dark, jammy and shiny. Place into sterilised jars and allow to cool before covering. Will keep for 6 weeks.



With effect from 4th July, we will be offering GP, Nurse and Phlebotomist appointments on a Thursday evening from 6.30 - 8pm.

The Phlebotomist can undertake blood tests.

Nurses can be seen for smears, travel vaccinations, simple dressings, Diabetes, Asthma, COPD or other long term condition reviews.

We will also be offering GP telephone appointments before 8am on a Friday morning.

2019 Flu Clinics

It's that time of the year again when we will be thinking about Flu vaccinations.



Please enquire at the surgery to find out if you are eligible.

We anticipate our first flu clinic will be Saturday 21st September watch out for further updates.