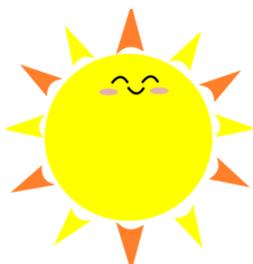


ST MARTINS GATE SURGERY

Issue 31

June 2017



♪♪♪ Sunshine, my only sunshine. You make me happy when skies are grey... ♪♪♪

As we approach the summer months, it is very important to remember to stay safe whilst out enjoying the sunshine. You must remember to use a sunscreen of at least SPF 15, try to use a sunscreen that protects you against harmful UVA and UVB rays. The higher the SPF sunscreen the better. You should not stay out in the sunshine any longer than you would without sunscreen. Sunscreen should not be used as an excuse to stay out in the sun any longer, it only offers protection where exposure to the sun is unavoidable. The summer sun is more damaging to your skin in the middle of the day. Try to spend time in the shade between 11am and 3pm, under umbrellas, trees, canopies or indoors. Even if the sunscreen says 'waterproof', it is always best to reapply sunscreen after swimming. If you do happen to get sunburnt, painkillers such as paracetamol or ibuprofen will ease the pain by helping to reduce inflammation. Sponge sore skin with cool water, then apply soothing after sun or calamine lotion. If you feel unwell or the skin starts to blister or swell badly, seek medical advice. Remember to stay out of the sun until all signs of redness has gone. Heat exhaustion occurs when the body cannot lose heat fast enough. If it is not treated quickly, it can lead to heat stroke, which is a much more dangerous condition. Signs of heat stroke include, faintness, dizziness, palpitations, nausea, headaches, tiredness etc. If someone has these signs, get them to rest in a cool place and give them plenty of water. Avoid alcohol or caffeine as this can increase levels of dehydration. Use a cold shower or bath to cool them down.

Children and the Sun

Young skin is delicate and is very easily damaged by the sun. Use at least SPF 15 and apply to areas not covered by clothing, such as the face, ears, feet and back of hands. Choose sunscreens that are formulated for children and babies skin as those are less likely to irritate their skin.



FRIDAY 9TH JUNE. WEAR RED.

RAISE MONEY FOR LIFE SAVING RESEARCH.

Sign up to take part in Wear it Beat it on June 9th. Join in the fun by wearing red and hosting a red event with your friends, family or colleagues.

It's easy for your workplace, school or group of friends to take part. There are plenty of tools to help get you started on the BHF website, just simply Google "Wear it, Beat it".

Put yourself in the picture using the hash tag "#WearItBeatIt". Have a cracking time whilst raising money beat heart disease. The money raised goes to help fund life-transforming treatments, support pioneering research and help care for people.



So let's get red everywhere and raise the roof!



ACTIVE AGE FESTIVAL 2017 - Saturday 10th June; 10:00-2:00pm; FREE ENTRY; University of Worcester Riverside Centre.

The Active Age Festival is a day just for older adults (over 50's). Starting at 10am the day is packed with activities, demonstrations, entertainment and information. You can join in free taster sessions and workshops throughout the day. Meet the clubs, groups and activities from the local area who welcome the "over 50s", and have no upper age limit!

Keep active in mind, body and spirit...

Choose and active life, with fun, friendships and fitness - starting at the Active Age Festival 2017.

Make a day of it with inexpensive refreshments and lunch available through the day. Groups are welcome. For more details please call 0800 008 6077.



Patient Participation Group

Patient Participation Group are still holding their drop in sessions. These are a great way to get your opinion across on how we can improve our services to benefit you, the patient.

Why not pop in, say hello and see if they can help you in anyway. They are available in reception to speak to you on the following dates:

- Monday 12th June
- Wednesday 14th June @ St. Peters
- Friday 23rd June

**No Need to Knock
Come on In!**

On Tuesday 13th June there will be a member from the Carer's Association, Teresa Ellis, and members from our Patient Participation Group will be in reception for help and advice with any queries you may have. This is to help raise awareness of carers week.

See below for more information on this.

CARERS WEEK, 12th-18th JUNE

Carers do all this and more for family and friends who are older, ill or have a disability...



...all while trying to maintain a life of their own.



Carers week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

The campaign is brought to life by thousands of individuals and organisations who come together to organise activities and events throughout the UK, drawing attention to just how important caring is.

This year the focus is **Building Carer Friendly Communities**. Communities which support carers to look after their loved ones well, while recognising that they are individuals with needs of their own.

For more information visit www.carersweek.org