



ESTOVER SURGERY

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SLIP, SLAP, SLOP SUMMER SIZZLER

You could be tempted to blow all caution to the wind when the English weather actually decides to match the season i.e. summer!! You may leap out into the rays in search of that sun kissed look, fun in the waves and the freedom of lightweight clothing and sandals. We need to pause and keep in mind the damage the sun's ultra violet rays can cause for example, burns, wrinkles and skin cancer. We need to remember the sun safety messages and "Save Our Skin".

NEVER BURN:- Sun burn can double your risk of skin cancer. You can still burn through light cloud and shallow water.

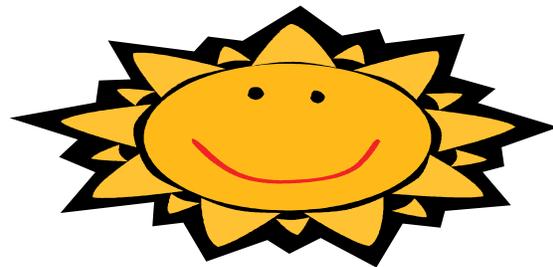
PROTECT CHILDREN:- Keep babies and young children under 12 months out of the sun completely. Make sure they are protected in their pram.

COVER UP:- For adults but especially for children, a loose top and hat are the best sunscreen.

SEEK SHADE:- Between 11 am—3 pm when the sun is hottest.

APPLY WELL:- Apply a factor 15+ sunscreen 30 minutes before going out and reapply often.

So remember, when you get that holiday feeling and are heading for The Hoe, Devil's Point, Mount Wise, local beach or even into town, take care of children and yourself, **slip** on a hat, **slap** on a T-shirt and **Slop** on the 15+ sunscreen.



PATIENT REFERENCE GROUP

Are you interested in joining a reference group in order for the surgery to obtain constructive feedback and views on how we perform. We are looking for a cross section of representatives which can include age, carers, employed, unemployed to name but a few.

We would meet regularly to discuss any feedback and also to create a survey to gain knowledge of how well or not of the service we offer. A constructive and realistic action can/will be created to help improve any services that maybe indicated. If you feel this is something you would like to be involved in please notify the practice manager.

BBQ Food Safety

Food poisoning cases double over the summer.

If cooking only on the barbecue, the two main factors are:

- Undercooked meat
- Spreading germs from raw meat onto food that's ready to eat

This is because raw undercooked meat can contain germs that cause food poisoning, such as salmonella, E.coli and campylobacter. However, these germs can be killed by cooking meat until it is piping hot throughout.

When you're cooking any kind of meat on a barbecue, such as poultry (chicken or turkey), pork, steak, burgers or sausages, make sure:

- The coals are glowing red with a powdery grey surface before you start cooking, as this means that they're hot enough
- Frozen meat is properly thawed before you cook it
- You turn the meat regularly and move it around the barbecue to cook it evenly.

Remember that meat is safe to eat only when:

- It is piping hot in the centre
- There is no pink meat visible and any juices are clear

It's also important to keep some foods cool to prevent food-poisoning germs multiplying.

Make sure you keep the following food cool:

- Salads
- Dips
- Milk, cream, yoghurt
- Desserts and cream cakes
- Sandwiches
- Ham and other cooked meats
- Cooked rice, including rice salads



Don't leave food out of the fridge for more than a couple of hours, and don't leave food in the sun.