



ESTOVER SURGERY

Telephone: 01752 789030
Email: estover.surgery@nhs.net
Website: www.estoversurgery.co.uk

Summer 2014

Practice Manager: Samantha
Willson

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.

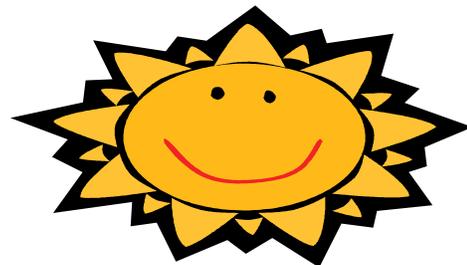
PROTECT CHILDREN:- Keep babies and young children under 12 months out of the sun completely. Make sure they are protected in their pram.

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.



ONLINE PATIENT ACCESS

Have you got Internet access? Would you like to order your repeat medications through a secure internet service, not only order your medications but to be able to book your own appointments to see the Doctor as well? Nurse Appointments aren't available.

If this is a service which you would like to use, please speak to the reception team who will be happy to help.

YOUR GP CARES

Have you struggled to get an appointment today? If so, you are not alone. Demand for GP services is increasing. In England alone, it is estimated that at least 340 million patient consultations are now undertaken every year, up to 40 million since 2008. There are more patients to see, more test results to read and more paperwork. Yet there are still the same number of hours in the day. Many GP surgeries are simply overwhelmed. Your GP practice team care about the current situation and want to work with patients and government to find solutions and provide a better service.

The BMA is calling for long term sustainable investment in GP services now to:

- Attract, retain and expand the number of GP's
- Expand the number of practice staff
- Improve the premises that GP services are provided from

Show your support for your local GP surgery. Join the campaign at bma.org.uk/YourGPcares

Tell @The BMA on Twitter why you care about your GP practice
#YourGPcares

MIDNIGHT WALK FOR ST LUKES HOSPICE

Sister Sue is taking part in the Midnight Walk for St Lukes Hospice on Saturday 19th July. If you would like to make a donation to this good cause please see reception.

I am sure you will join us in wishing Sue good luck.

