

NEWSLETTER

CLAREMONT BANK SURGERY

MAY 2016

COMMUNITY AND CARE CO-ORDINATOR

Your Community and Care Co-ordinator **BECKY KELLY** provides the following support directly here at the surgery... she is available on a **Wednesday and Thursday each week**. Tel: 01743 248244

Afternoon Tea for Carers

Do you look after a family member, spouse or partner who is ill, frail or has a disability?

Would you like to meet others in a similar situation to be able to share experiences, give and receive advice and a bit of support, as well as indulging in tea and cake? Or maybe you would be interested in hearing speakers from relevant services e.g. Age UK, British Red Cross who attend sometimes?

If so, you may like to know your **Community and Care Co-ordinator** offers afternoon tea for carers on a quarterly basis here at the surgery.

If it is possible for you to take a break from caring to attend, we would love to see you. Please contact Becky Kelly at the surgery if you would like to find out more and make your interest known so she can keep you informed of dates and times - usually on a **Wednesday 2:30 - 3:30pm**.

Bereavement Support

Becky Kelly will be in touch with any patient who has suffered a loss to offer support, and see if any practical, social or emotional help is wanted. This could be on an individual basis or via an occasional support group.



MAY WALKS

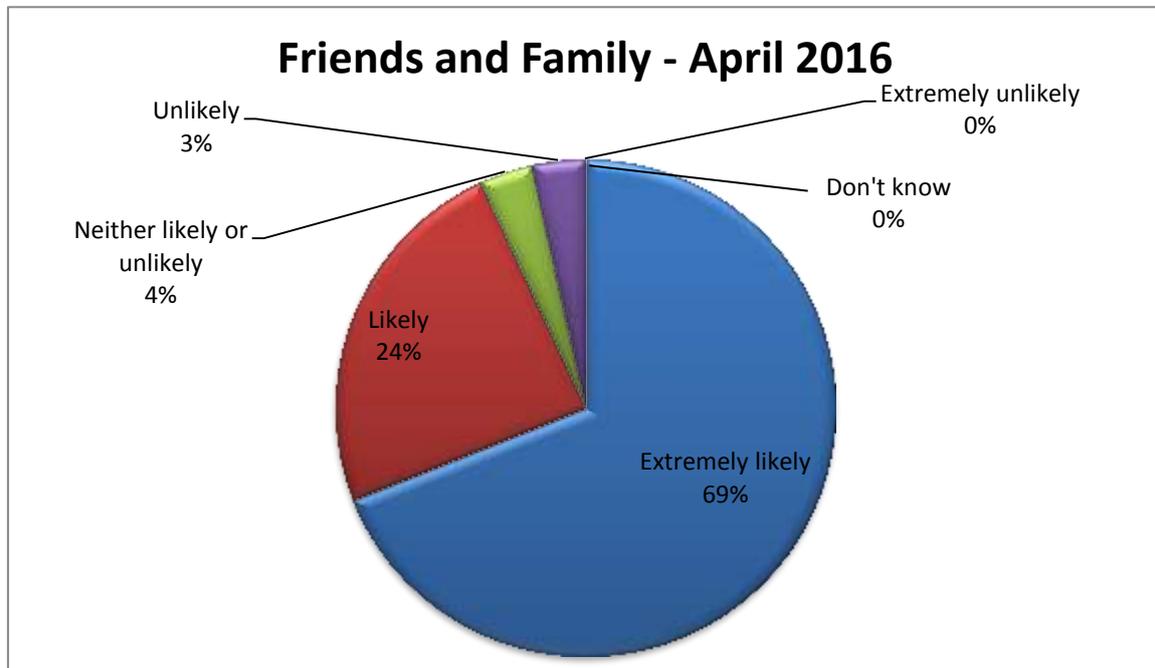
03.05.2015 + 17.05.2015

Meet at the Claremont Bank Surgery 10.30am

60 minute walk starting and finishing at the surgery

'FRIENDS AND FAMILY TEST' RESULTS APRIL 2016

PLEASE WHEN YOU VISIT THE SURGERY FILL IN ONE OF OUR QUESTIONAIRES.



SUN PROTECTION FOR SUMMER 2016

Skin cancer is one of the most common cancers in the UK, and too much sun can increase your risk. Exposure to sunlight can also affect your eyes.

After you've been sunburnt, the skin peels to get rid of damaged cells. Eventually, it will heal and look healthy, but permanent damage may have been done.

Sun damage doesn't just happen when you're on holiday in the sun. It can happen when you're not expecting it, for example when you go for a walk or sit in your garden. Always take special care of children's skin. The best way to do this is to cover them up and keep them in the shade.

TRAVELLING ABROAD?

Remember if you are travelling abroad to see the travel nurse here at the surgery before travelling. You can book an appointment via reception; you will need to complete a 'travel risk assessment form' prior to attending for your appointment. This can be picked up from the surgery or printed off via the surgery website.