

**The Green House Surgery**  
**Summer 2024 Newsletter**  
[www.thegreenhousesurgery.co.uk](http://www.thegreenhousesurgery.co.uk)



## **Welcome to our Summer 2024 Newsletter**

Leanne and Michelle from the Green House Surgery recently attended the Dementia Action Teesside celebration event where businesses and community organisations across Redcar and Cleveland came together to celebrate the huge efforts that have been made to support patients living with dementia. They listened to individuals who spoke passionately about family members living with dementia and what the dementia friendly community means to them.

To end the morning everyone danced and sang with those living with dementia and their families and carers, who really showed what 'living well with dementia' really looks like.



The Mayor of Redcar and Cleveland presented Leanne and Michelle with a certificate stating The Green House Surgery is a Dementia Friendly organisation.

The Surgery has learnt more about dementia by ensuring all staff have received dementia friends training. We have also carried out risk assessments and made relevant changes to provide a dementia friendly environment for our patients.

## **Taking care in the sun...**

Well, it's that time of year when we start stocking up on sunscreen. It can be confusing – so many abbreviations, stars and numbers to choose from! So, we hope we can guide you by providing some simple facts.

There are three types of radiation from the sun – UVA, UVB and UVC.

There are only two types of radiation which commonly cause skin cancer, UVA and UVB, as the third, UVC, is mostly blocked out by the atmosphere. UVA accounts for 95% of the radiation. It can penetrate the skin deeper causing skin cancer, premature ageing and pigmentation. UVB is the main cause of skin cancers, as it causes skin burning and reddening.

All sunscreens display a Sun Protection Factor (SPF), and a Star Rating. The SPF is a measure of the amount of UVB protection. SPF's are rated on a scale of 2 to 50+ based on the level of protection they offer, with 50+ offering the strongest form of UVB protection. The Star Rating measures the amount of UVA protection. You should see a Star Rating of up to 5 Stars on UK sunscreens. The higher the star rating the better. The letters "UVA" inside a circle is a European marking. This means the UVA protection is at least a third of the SPF value and meets EU recommendations. Sunscreens that offer UVA and UVB protection are sometimes called broad spectrum.

Ideally apply sunscreen 2 hourly, more often in water. Though this can be tricky with busy lives, it is really important; the more frequently applied the better.

Lastly, remember – enjoy the sun but be safe 😊



UK Health  
Security  
Agency

# Beat the heat

## Plan ahead



Check the weather forecast and the news



Plan ahead to avoid the heat



Schedule activities to cooler times of the day

## Keep yourself cool



Drink plenty of fluids and avoid excess alcohol



Wear sunscreen, a hat, and sunglasses



Cool your skin with water and slow down

## Find somewhere cool



Close blinds and curtains during the day



Go indoors or outdoors, whichever feels cooler



Avoid closed spaces like stationary cars

## Be safe



Be on the lookout for signs of heat related illness



Look after yourself and check in with others



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

For more information go to: [gov.uk/ukhsa/beat-the-heat](https://gov.uk/ukhsa/beat-the-heat)

## **NHS Cancer Screening Programs – Minimising your risk of serious cancer**

The NHS Screening Programs are in place to help detect and treat some common cancers early which will minimise the chance of them progressing to something more serious.

This is an important service provided free of charge by the NHS yet we are constantly amazed by the number of patients who don't turn up for appointments or respond to invitations to screening programs.

If you think you are overdue, it's not too late. Below are details of who you need to contact to bring yourself up to date.

<b>Screening</b>	<b>Eligible</b>	<b>Where/Contact</b>
Cervical Screening for cervical cancer also known as a Smear Test	Eligible patients aged 25 – 49 every 3 yrs Eligible patients aged 50 – 64 every 5 yrs	The Green House Surgery 01642 475157 or book online via the NHS app
Mammograms/Breast Screening for breast cancer	Women aged 50 – 70 yrs every 3 yrs 71 yrs by request only	North Tees and Hartlepool NHS Foundation Trust will send an automatic invitation at a location which is convenient and close to where you live. If you think you have missed yours call 01642 624261
Bowel Screening for bowel cancer	All aged 54 – 74 yrs The program is gradually expanding to make it available to everyone aged 50 – 53 yrs	Home poo tests sent to all eligible, but you can call 0800 707 60 60 if you think you have missed or mislaid yours

## Appointments



Please can you be mindful that GP appointments are for 10 minutes only.

Nurse Practitioner/Paramedic Practitioner appointments are for 15 minutes only.

The GP, Nurse Practitioner or Paramedic Practitioner will deal with your main problem, however, it is not always possible to deal with multiple issues and they may ask you to book a further appointment.

**Thanks for reading our Summer newsletter. We look forward to providing a further newsletter in the Winter. Please keep checking in with us via our website at [www.thegreenhousesurgery.co.uk](http://www.thegreenhousesurgery.co.uk) as things change constantly.**