



# HAWTHORN MEDICAL PRACTICE PATIENT NEWSLETTER

Summer 2023

## ARE YOU SUN SMART???? TEST YOUR SUN KNOWLEDGE



1. **When are the sun's rays at their strongest during British summertime?**
  - a. First thing in the morning
  - b. Just before sunset
  - c. Between 11am and 3 pm
  - d. Between 3 pm and 4pm
2. **What's the minimum SPF level recommended by the NHS to protect your skin against the sun?**
  - a. SPF 8
  - b. SPF 10
  - c. SPF 15
  - d. SPF 25
3. **Which symbol indicates the level of protection against UVA rays on a sun care product's label?**
  - a. Stars
  - b. Squares
  - c. Triangles
  - d. Hearts
4. **What would you do if you go for a swim in the sea or pool in the summer?**
  - a. Apply sunscreen immediately afterwards
  - b. Use water resistant sunscreen before and after swimming
  - c. Don't bother with sunscreen as water protects you from the sun's rays
  - d. Only apply sunscreen to face and shoulders as these are the only parts of your skin exposed to the sun when swimming
5. **Which of the following suggests you may have a higher-than-average risk of developing skin cancer?**
  - a. You were badly sunburned as a child
  - b. You have a close relative who has had skin cancer
  - c. You spend a lot of time outdoors at work or gardening
  - d. All of the above

Answers 1) c 2) c 3) a 4) b 5) d

### The Patient Participation Group



The new group was formed earlier in the year, and we have had 3 meetings so far.

At present we have 9 volunteer members, and they are sharing their views on our service from the patient perspective.

We have discussed the Patient Survey and a few other topics so far.

We are meeting every 4-6 weeks.

For further information look out for the Notice Board in waiting room soon

### First Contact Physio Musculoskeletal Services



**We have a new Practitioner at the surgery (part time) she will assess patients, mainly over the telephone and then refer on to the appropriate service, for example, a scan or Physio, she works to strict criteria.**

**Our receptionist may be able to book a phone call for you if your symptoms meet the criteria.**

## Alcohol Awareness Week

3<sup>rd</sup> to 9<sup>th</sup> July on the theme of "Alcohol & Cost"

Get you free recourses today

<https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1>



## Samaritans Awareness Day

### Our annual awareness campaign is back this July

24 July (24/7) is Samaritans Awareness Day, because we're here to listen 24/7. On this date and throughout July, we'll be running our awareness-raising campaign Talk to Us, to remind people that we're here for anyone who needs someone to listen.

Every year in July, Samaritans branches in the UK and Republic of Ireland hold local events to raise awareness that Samaritans are here to listen to anyone who's struggling to cope, at any time of the day or night.

Your nearest branch is  
**Len Medlock Voluntary Centre**  
**St Georges Road**  
**Boston**  
**PE21 8YB**

Tel 116 123

## Cost of Living Crisis



### Help is at hand .....

The Citizens Advice service helps people resolve their legal, money and other problems by providing advice and information. The advice and information provided by the Citizens Advice Bureau is free, independent, confidential, and impartial. They provide advice through face-to-face, telephone, email services, and online via a self help website - [www.adviceguide.org.uk](http://www.adviceguide.org.uk)

Citizens Advice Bureau advisers can write letters and make phone calls to service providers on their clients' behalf. They can help people prioritise debts and negotiate with creditors. As the UK's largest advice provider, they are equipped to deal with issues from debt and employment to housing and immigration plus everything in between.

Your local team are at

**20 Algitha Road**  
**SKEGNESS**  
**Lincolnshire**  
**PE25 2AG**

<http://www.citizensadvice.org.uk/lindsey>

0808 278 7904 for initial advice

For further information

<https://helpforhouseholds.campaign.gov.uk>

## HEALTHY LIFESTYLE— KEEP ACTIVE TO KEEP WELL

Being active provides long term benefits for your health. It helps to control your weight, reduce blood pressure and cholesterol and improve your mental health; helping you to look and feel great.

Being physically active doesn't have to mean long gym sessions or strenuous work-out regimes. You could go swimming, take exercise classes or play a sport, but physical activity also includes everyday things like gardening, walking, and climbing the stairs. Set yourself a goal to build up to at least 30 minutes of moderate activity on five or more days per week.

Moderate physical activity makes you breathe more heavily and makes you warmer. It's never too late to start—whatever your age, size, or physical condition everyone can benefit from getting physical! Involve friends and family to make activities more fun, sociable and enjoyable.



The doctor said he needed more activity. So  
I hide his T.V. remote three times a week.

# Keep Cool this Summer – with Watermelon Lollies

## Ingredients

1 Watermelon  
3 Kiwis



## Method

- **STEP 1**

Halve 1 small watermelon and scoop the flesh out of one half into a bowl (you need about 375-400g). Pick out any black seeds. Purée the flesh using a hand blender or in a liquidiser.

Fill ice lolly moulds three-quarters full with the purée, push the sticks in if you are using them, and freeze for at least 3 hrs, or overnight.

Tip any remaining purée into an ice cube tray and freeze it.

- **STEP 2**

Peel 3 kiwis and cut the green flesh away from the white core, discarding the core. Purée the flesh.

Add a layer of about 4-5mm to the top of each lolly and refreeze for 1 hr. Add some green food colouring to the rest of the purée to darken it to the same colour as the watermelon rind.

Pour a very thin layer onto the top of each lolly and freeze until you want to eat them.