

Leven & Beeford Medical Practice Newsletter

Sunscreen & Sun Safety

Advice for adults and children on sun screen and sun safety in the UK and abroad.

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects.

Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 30 sunscreen (using 2 different factors together doesn't create higher protection. Only the higher of the creams used counts)
- <https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>



Protect your moles

If you have lots of moles or freckles, your risk of getting skin cancer is higher than average, so take extra care.

Avoid getting caught out by sunburn. Use shade, clothing and a sunscreen with an SPF of at least 30 to protect yourself.

Keep an eye out for changes to your skin.

Changes to check for include:

- a new mole, growth or lump
- any moles, freckles or patches of skin that change in size, shape or colour

Report these to your doctor as soon as possible. Skin cancer is much easier to treat if it's found early.

<https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>

BEING KIND TO THE ENVIRONMENT

How to dispose of unwanted and used inhalers

The propellants in commonly used inhalers are powerful greenhouse gases.



Landfill disposal of inhalers is harmful to the environment, due to the residual gas from canisters being released into the atmosphere.



Inhalers returned to pharmacies for safe disposal can be disposed of with other medicines waste. This is then thermally treated to destroy the greenhouse gases.

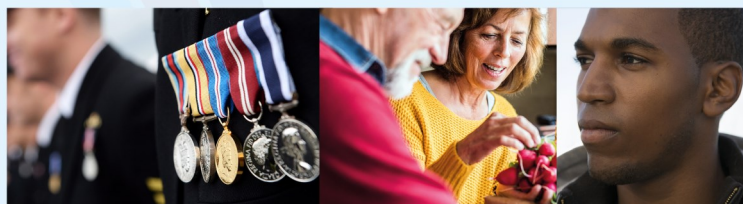
All used inhalers should be returned to a pharmacy to be disposed of safely

If all used inhalers in the UK were returned for safe disposal, this could save 512,330 tonnes of CO₂eq annually - the same as a VW Golf car being driven around the world 88,606 times!





Armed Forces veteran friendly accredited GP practice



We are an Armed Forces veteran friendly accredited GP practice.



This means that, as part of the health commitments of the Armed Forces Covenant, we have a dedicated clinician who has a specialist knowledge of military related health conditions and veteran specific health services. This is important in helping ex-forces to get the best care and treatment.

If you are ex-forces, please let your GP know to help ensure you are getting the best possible care.

To find out more, ask your nurse or GP.

Please let the practice know if you have ever served in the armed forces, even for just a day. This includes both men and women and could include service in the Second World War, Northern Ireland, the Falklands, Bosnia, Croatia, Kosovo, Sierra Leone, Afghanistan and Iraq. We can then update your health record.
WE HAVE A VETERAN SUPPORT GROUP MEETING on Thursday 8th September 1.30-3pm at Leven Recreation Hall, East Street, Leven. If you would like to attend, you are welcome to bring a family member or friend.
CONTACT THE BUSINESS MANAGER terriwardell@nhs.net

Tickton and Leven Canal Walk

Courtesy of <http://www.gps-routes.co.uk/>

This walk takes you from the village of Tickton to the Leven Canal, using public footpaths along the River Hull. The route links the two East Riding villages using flat, waterside paths with nice countryside views on the way. The walk starts just to the east of Tickton where you can pick up the paths along the river. Follow the path on the eastern side north for about 2 miles and you will come to the Leven Canal. This runs east for just about 3 miles, taking you into Leven. The canal was created in 1805, and remained in use until 1935. It is now a Site of Special Scientific Interest. It includes an aqueduct at Sandholme Farm, which carries the canal over a drainage ditch which was already in existence when the canal was built. It is grade II listed and is largely constructed from red bricks, and has three segmental arches.



Tickton



Sandholme Bridge Leven



The brick parapet visible in the centre of the picture is where the Leven Canal crosses over the Burshill and Barff Drain.

In memory of 3 of our founding PPG members who sadly passed away during the pandemic

Thank you to our Patient Group members for their contributions