

Welcome to your Summer 2023 Newsletter

PGP - Providing comprehensive NHS primary care to help you manage your health & wellbeing



Hopefully if Summer is not here already, it soon will be

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
 - never burn
- cover up with suitable clothing and sunglasses
 - take extra care with children
 - use at least factor 30 sunscreen

You should take extra care in the sun if you:

- have pale, white or light brown skin
- have freckles or red or fair hair
- tend to burn rather than tan
 - have many moles
- have skin problems relating to a medical condition
- are only exposed to intense sun occasionally (for example, while on holiday)
 - are in a hot country where the sun is particularly intense
 - have a family history of skin cancer

People who spend a lot of time in the sun, whether it's for work or play, are at increased risk of skin cancer if they do not take the right precautions.

If you have naturally brown or black skin you are less likely to get skin cancer, as darker skin has some protection against UV rays. You may also need more time in sunlight to produce the same amount of vitamin D as people with lighter skin. But you should still avoid burning and take care in the sun as people of all skin tones can get skin cancer.

Forthcoming Cancer Awareness Months

June – Cervical Screening Awareness

Cervical screening (a smear test) checks the health of your cervix. The cervix is the opening to your womb from your vagina.

It's not a test for cancer, it's a test to help prevent cancer.

All women and people with a cervix aged 25 to 64 should be invited by letter.

During the screening appointment, a small sample of cells will be taken from your cervix.

The sample is checked for certain types of human papillomavirus (HPV) that can cause changes to the cells of your cervix. These are called "high risk" types of HPV.

If these types of HPV are not found, you do not need any further tests.

If these types of HPV are found, the sample is then checked for any changes in the cells of your cervix. These can then be treated before they get a chance to turn into cervical cancer.

The nurse or doctor will tell you when you can expect your results letter.

July – Sarcoma Awareness

Sarcomas are rare cancers that develop in the supporting tissues of the body. Supporting tissues include bone, cartilage, tendons, fat, and muscle.

There are 2 main types of sarcoma:

soft tissue sarcomas

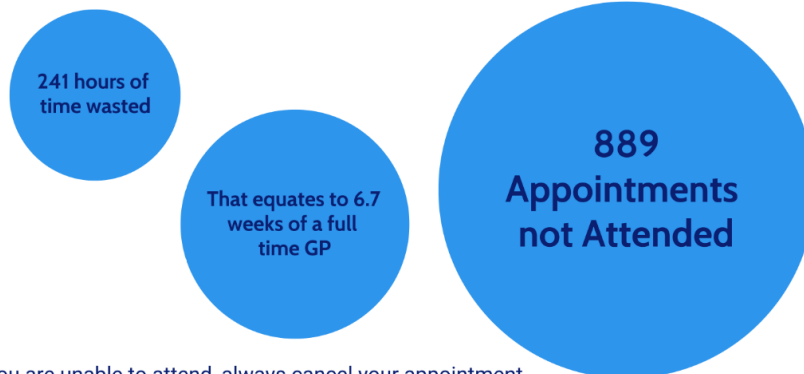
bone sarcomas (also called primary bone cancer).

Appointments

Often our patients are upset and report they have issues getting an appointment at one our Surgeries, and we understand their frustration. As you can see from the data below, 889 patients not only failed to turn up for their appointments in April, but didn't cancel, resulting in 889 appointments that could have been given to someone who could attend, this happens every month. So, if you cannot attend your appointment for whatever reason think about that someone who could use that appointment



In April 2023 The below appointments were not attended by our patients



If you are unable to attend, always cancel your appointment



Cancel using Online Services / NHS App



Reply 'cancel' to your reminder text



Drop into any site in person

CANCEL your appointment!

Using the Online Services or NHS App

Replying to your appointment text

Go into ANY site and speak to Reception

From June there will be a new **Cancellation Facility** so you will not have to queue you will just need to call our main line and press # when prompted – this will be the first option available to all patients

Patient Activity for April 2023



Repeat Prescriptions



Repeat prescriptions have been made easy with the NHS App. Download the app on your smartphone, follow the steps to register and verify your identity, and then use the App whenever you need a repeat prescription. Getting started is easy! [Click here](#) to find out more.

ARMED FORCES DAY 2023 – PORTSMOUTH 17 June 2023

When

10:00 am to 4:00 pm

Location

Southsea Common, Portsmouth

Armed Forces day celebrates the military community, which is especially pertinent in a city with such close ties to the armed forces as Portsmouth. The day is a chance for the city to show support for the men and women who make up the armed forces community, from currently serving troops to service families, veterans and cadets. The event's aim is to bring the local community together with the armed forces, veterans and cadets to celebrate and also to inspire members of the public of all ages to engage with forces related organisations. The 2023 event will take place on Southsea Common, one of the most beautifully located event spaces in the UK.

CONTACT

Tel 02392606076 Email events@portsmouthcc.gov.uk



Reservists give up their spare time to serve in the Reserve Forces, balancing their civilian life with a military career to ensure that should their country require them, they would be ready to serve as part of the military.

The Reserve Forces make up approximately one sixth of our Armed Forces personnel and as such are integral to protecting the nation's security at home and overseas, particularly providing capability in specialist areas such as medical and cyber.

Interested in finding out more about Reserves?

- [British Army](#)
- [Royal Navy](#)
- [Royal Air Force](#)
- [Royal Marines](#)



Turkey-Syria Earthquake Appeal



Caroline Francis our dietician organised and completed a virtual half marathon on the 12 March 2023 to raise monies for the Disasters Emergency Committee. Caroline raised £800 and would like to thank all of those who donated.

Well Done Caroline!

Summer Bank Holiday



Monday August 28 2023

All surgeries will be CLOSED

Please be aware econsult is not available on Bank Holidays

If there is anything you would like to see in the Autumn edition of your newsletter then please email me

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