



Bedlingtonshire Medical Group  
Patient Participation Group (PPG)

# NEWSLETTER SUMMER 2018

## Practice opening hours

Monday 08.00 – 18.00  
Tuesday 08.00 – 18.00  
Wednesday 07.00 – 20.15  
Thursday 08.00 – 18.00  
Friday 08.00 – 18.00

## New Arrivals

A welcome return to Dr Gungadeen who has returned to our Practice and is now working as a Salaried GP.

Dr Yeates, F2, is currently working within the team and will be with us until July 2018.

Dr Cummins GP trainee, is currently working within the team and will be with us until August 2018.

We do hope both Dr Yeates and Dr Cummins are made welcome and enjoy their time working within our practice.

## Sun safety tips

Spend time in the shade It is important to avoid getting burned and to protect your skin 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 15 sunscreen

## What factor sunscreen (SPF) should I use?

Don't rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 15 to protect against UVB
- at least four-star UVA protection

Make sure the *sunscreen is not past its expiry date*. Most sunscreens have a shelf life of two

## How to deal with sunburn

Sponge sore skin with cool water, then apply soothing aftersun or calamine lotion. Painkillers, such as paracetamol or ibuprofen, will ease the pain by helping to reduce inflammation caused by sunburn.

Seek medical help if you feel unwell or the skin swells badly or blisters. Stay out of the sun until all signs of redness have gone.

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 don't take the right precautions.

The Cancer Research UK website has a tool where you can find out your skin type to see



June 2018 Newsletter

Download from

<http://www.carersnorthumberland.org.uk/news-events/newsletters/>



### A pharmacist can help with hay fever

Speak to your pharmacist if you have hay fever. They can give advice and suggest the best treatments, like antihistamine drops, tablets or nasal sprays to help with:

- itchy and watery eyes and sneezing
- a blocked nose



Healthwatch Northumberland is the independent for people who use health and social care services. We exist to ensure that people are at the heart of care, listening to what people like about services or what could be improved and we share their views with those with the power to make change happen. We also help people find champion the information they need about services in their area. We have the power to ensure that people's voices are heard by the government and those running services. As well as seeking the public's views ourselves, we also encourage services to involve people in decisions that affect them. Our sole purpose is to help make care better for people.

### Local information

#### Bedlington Community Centre classes <http://bedlingtoncommunitycentre.com>

Pilates	Monday 9.30 - 10.30am Wednesday 10.00 - 10.00am	Gill 07742 885165 - £5
Men's Pilates	Wednesday 11.30 - 12.30am	
Stretch & Tone	Tuesday 10.30 - 11.30am	Diane 07941 338936 - £5
Yoga	Wednesday 7.00 - 8.30pm	Pauline 07969 88756 - £7
Modern Jive	Thursday 8.00 - 10.00pm	Sue 07971 909083 - £5

#### East Bedlington Community Centre classes

<https://www.facebook.com/eastbedlingtoncommunitycentre/>

Country Dancing	Monday 10.30 - 11.30am	Elizabeth 01670 829462
Dru Yoga	Monday 11.30 - 12.30am	Christine 07974 351113 - £5
WOW Fitness	Monday 6.00 - 6.45pm Wednesday 6.00 - 6.45pm Friday 5.30 - 6.00pm	Emma 07718 955823
Zumba	Monday 7.30 - 8.30pm	
Walking Group	Tuesday 10.15 -	

#### Slimming World meetings <https://www.slimmingworld.co.uk>

St Bede's Church Catholic Row	Tuesday 9.30 & 11.30am Thursday 5.00 & 7.00pm	Leanne 07963 933184 Jill 07906 896166
West End First Sch. Ridge Tce.	Tuesday 6.00pm	Jacqueline 07789 738519
Colliery Methodist Church Hall	Wednesday 5.00 & 7.00pm	Trish 07919 921220

#### Weightwatchers meetings <https://www.weightwatchers.com/uk>

Trinity Church Hall Front Street	Thursday 1.00 & 6.00pm	Andrea 07983 537190
-------------------------------------	------------------------	---------------------

For further information please contact: Mr Chris Million, Patient Participation Group Secretary at [Christopher.million@northumbria.ac.uk](mailto:Christopher.million@northumbria.ac.uk)

Jill Henderson, Patient Services Manager at [Jill.henderson3@nhs.net](mailto:Jill.henderson3@nhs.net)