

## Surgery Update 23.5.22

The news that we are singing from the rooftops is that Henrique Lourenco, our GP trainee, has passed his final exams with an outstanding 82% score. Subject to paperwork he will officially be signed off at the end of June and then hopefully he will be working as a GP at the surgery for the next few months at least.

As a PCN we have a new administrator, Georgia, and a new Social Prescriber, Sharon. The team continues to grow fast in response to the rising population and the increasing demands of the NHS on primary care.

As the glorious weather approaches in time for the Jubilee celebrations I keep thinking of the lobsters that we usually see as people celebrate the Bank Holidays. For some reason it takes us by surprise that taking our shirts off and spending a day in the garden or outside the pub results in our skin burning. I had a debate with someone on holiday adamant that the "SPF" on sun creams indicates how many minutes you can safely spend in the sun. I was totally wrong and had to eat my hat!

The SPF indicates the percentage of Ultra Violet light that the cream will prevent going through to the skin. Whichever you use it should be re-applied every 2 hours to continue its' protection. There are 2 types of UV light - UVA wavelength causes the skin to age and UVB causes the skin to burn. Both result in cell damage which can lead to skin cancers which vary from fairly mild to rapidly aggressive and catastrophic. A lot of skin cancers are due to sun exposure from many years ago but the risk is accumulative so whatever can be done to reduce exposure is a bonus. I was called out the other day for "looking well" and realised the only sun I'd had was out running which reminded me how important it is to protect our skin even if you're only out for 20 minutes.

The 21st May was our last Covid vaccination clinic for the over 75s and the nurses have been around the care homes. We won't get any more vaccine now so if you missed out on the booster please book via the National Booking Service. We'll wait and see what the guidance is for any more boosters which are likely be given alongside the flu jabs in the Autumn. I'm sure that we will be involved if and when we get instructions.

The Surgery looks much brighter and colourful with canvasses up on the walls. We had some super offerings from several people and chose some beautiful photographs of local scenes captured by Emma Carlton - we are very grateful to her for allowing us to use them. We are getting a few brighter chairs to go in the waiting rooms although I've discovered that healthcare-rated-chair brochures struggle to raise any inspiration from me.

Time now for me to put on a good layer of factor 50 sun cream and a hat, then go and mull over the question of why my onion sets aren't growing at all... The packet made it sound so simple... Wishing everyone a great Jubilee weekend from the Surgery - Jack Hickey, GP.