



# Newsletter

## Summer 2026

***Wishing our patients a great summer!***

### **UV Safety Month July 2026**

July is UV Safety Month, which highlights the dangers of ultraviolet (UV) radiation, the importance of protecting yourself from UV rays and how you can stay safe in the sun.

Sunshine helps our bodies to make vitamin D, and while this is very important, the benefits of getting some sun must be balanced with the need to protect yourself from over-exposure. There is no such thing as a healthy, safe way to tan, and a tan does not protect you from UV rays.

The risks of excessive UV exposure include:

- Sunburn
- Premature ageing (such as wrinkles and age spots)
- Increased risk of skin cancer
- Eye damage (increasing the risk of cataracts and other eye conditions)

Did you know that 90% of UV rays can pass through cloud cover, so even when it is cloudy, windy and cool, you can still burn. In the UK, the sun is strongest from March to October, particularly between 11am and 3pm, so you should avoid direct sunlight between these times. Ways to protect yourself include:

- Staying in the shade of trees, buildings or parasols
- Covering up legs and arms with long sleeves and trousers or long skirts
- Wearing UV-protective sunglasses
- Wearing a wide-brimmed hat
- Applying a minimum SPF30 sun cream regularly to all exposed skin

Visit <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/> to find out more about the dangers of UV light, and how to stay safe this summer.



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### **Long-term Condition Reviews**

Have you been invited for your long-term condition review?

The aim is to ensure you get annual check-ups. The review is usually aligned around your birthday.

You will be booked for your annual blood test and then the pharmacy team for a medication review.

Please contact the reception team to book.



### **New Faces at Dockham Surgery**

Since our winter newsletter we have welcomed Dr Micheal, Practice Nurse Claire and Tania in Reception.



### **Patient Participation Group**

We are looking for patients who are happy to attend the surgery three times a year for a meeting with a member of the team. A Patients Participation Group is to ensure patients voices are heard and considered in the planning and delivery of healthcare services.

If you are interested, please contact us through the practice website or call reception on

01594 820010.



### **Change of details?**

If you have changed any of your personal details, please ensure to let reception know. This is so we can keep your record up to date.

You can change your details by completing a form at reception.

### **Book online**

Did you know you can book appointments online? Download the NHS app to book. GP and blood test appointments are available to book daily.

