



# YOUR VOICE

JULY 2017

THE NEWSLETTER OF THE PATIENT PARTICIPATION GROUP  
CRANLEIGH GARDENS MEDICAL CENTRE & WESTONZOYLAND SURGERY

## Community Pharmacy campaign CRUK SunSmart and SkinSafe will run from 17.07.17 until 28.08.2017.

The key messages are:

Whatever your age, the best way to enjoy the sun safely and protect your skin from sunburn is to use a combination of shade, clothing and sunscreen. Children and teenagers might need a reminder or a helping hand, but setting a good example yourself is a great way to help them learn and get into good habits.

Too much ultraviolet (UV) radiation from the sun or sunbeds is the main cause of skin cancer. In the UK more than 8 in 10 cases of melanoma, the most serious type of skin cancer, could be prevented through enjoying the sun safely and avoiding using sunbeds.

When the sun is strong:

Spend time in the shade, especially between 11am and 3pm in the UK

Cover up with clothes, a hat and sunglasses. And use a sunscreen with a protection level of at least SPF15 and 4 stars. Use it generously and reapply regularly.

This campaign is about both safety in the sun (sun cream, hats, shade etc.) and prevention of skin cancers such as melanoma. .

## Your PPG Needs You.

The patient participation Group needs new members. To give an indication of what we do there is a short profile of activities undertaken.

### A profile of the Patient Participation Group at Cranleigh Gardens Medical Centre

Since it was set up in 2008, the Patient Participation Group (PPG) at Cranleigh Gardens has developed a strong and positive link between the practice management team and patients within the practice. We are a friendly group of 7 volunteers, who meet at the surgery every 8 weeks or so.

The role of the PPG is:

- To act as a representative group of patients to inform and influence the management of the practice
- To improve communication between the practice and its patients
- To provide a focus for patients to channel ideas and suggestions regarding service and health care
- To conduct surveys involving fellow patients
- To organise and run health events and projects to educate and benefit specific groups of patients
- To influence the local provision of health and social care

If you have any interest yourself or know of anyone that may be interest please can you contact the practice manager Richard Reed  
Email address:-

[Richard.Reed@cranleighgardensmc.nhs.uk](mailto:Richard.Reed@cranleighgardensmc.nhs.uk)  
or telephone number 01278 433335.

## **Psychological help for people affected by a traumatic event**

Following incidents in Manchester and London earlier this year we thought it would be good to remind those affected that there is ongoing support for such incidents.

An NHS leaflet “Coping with stress following a major incident” is available for use by those seeking further information. If you access Gov.uk and type in trauma leaflet you will be routed to the appropriate support information

Gov.uk and NHS Choices provide the most up to date information on accessing services including those set up to support specific incidents and local areas such as helplines or single point of contact to ensure a streamlined and coordinated approach.