LONDON ROAD SURGERY

Website: www.thelondonroadsurgery.co.uk

Telephone: 01268 765533

**NEWSLETTER July 2024**

Welcome to the practice newsletter. In it you will find some useful information, especially if you are not able to use a computer. **However, there are references to important websites and it might be useful if you have a friend or relative who could gain access to the relevant information for you. This is a bumper issue this month as there are lots of campaigns listed for August 2024. Please see end of the newsletter.**

**All prescription requests must be made online via the NHS App or via Online Services accessed by using the London Road Surgery website. Alternatively, you can post your request through our letterbox or send it by Royal Mail.**

**We are experiencing a high demand for appointments please ask your local Pharmacist for advice or use e-consult online consultation and receive a reply within 48 hours. Pharmacy First is a new campaign that allows the Pharmacists to treat 7 conditions. Please ask your Pharmacist for more information.**

**e-consults or Online Consultations**

**We have available via the website** [www.thelondonroadsurgery.co.uk](http://www.thelondonroadsurgery.co.uk) **a platform for consulting online a clinical or admin queries. This is called e-consult. Please follow the instructions to submit your query. You will get a response within 48 hours.**

**New Reception Staff**

We have new staff who have joined our reception team. Please be patient while they deal with your queries. Our reception staff are now called Healthcare Navigators because they can sign post you to Health Care Professionals who support the doctors in primary care.

Thank you for your kind comments for some of our new reception staff.

These staff are trained professionals and if unable to support you they will refer you back to the doctor. These are: Pharmacists, Paramedic, Social Prescriber, Mental Health First Contact Practitioner, and retail Pharmacists. We also use the weekend appointments available to all the practices in Wickford.

**Ideas and Suggestions**

Please let us know if you have any ideas or suggestions by writing to us via the email address or by post.

Thank you.

**Veteran Friendly Accreditation**

**We are accredited as an Armed Forces veteran friendly accredited GP practice. Dr Richards is the Lead GP for this.**

**Patient Contact Details**

**Please keep us up to date with your contact details either by popping a note through our letterbox or by emailing us at** [londonroadsurgery@nhs.net](mailto:londonroadsurgery@nhs.net)

**Last month we had 660 patients with no mobile number on their record. Please email us with your mobile number and email address.**

**Primary Care Network (PCN) Staff**

**In line with NHS England guidance and the development of Primary Care Networks (PCN’s) some new allied Health Care Professionals have joined the team at London Road Surgery. We have a Paramedic and 2 Advanced Nurse Practitioners who can treat minor illness. We also have a Nurse Practitioner who is studying to become an Advanced Nurse Practitioner. These staff members join the doctors and nurses and the new Social Prescriber and Mental Health First Contact Practitioner to help you.**

**To assist you with your request to see a clinician our Receptionists/Care Navigators will ask you the reason for your appointment so that they can guide you to the correct clinician for your condition.**

**PCN Pharmacists – now work at the surgery and you may be contacted by them before you see a doctor. They can sort minor illnesses as well as review all medication.**

**We encourage self-care and there are lots of information on our website and NHS App.**

**Local Pharmacists are happy to discuss with you about your minor illness and we can refer you to them using our clinical system. They will call you back in a few hours.**

**Basildon & Brentwood CCG website also has Health Information** <https://basildonandbrentwoodccg.nhs.uk/>

**Looking after yourself**

**We continue to offer free health checks for patients aged 40-74 who have not had a health check in 5 years and for those over 75 years.**

**Please call reception to book your health check with Natalie or Mel our Paramedic.**

**Contacting Us**

**Please do not use our email address to send any clinical queries to us. Please call the practice to make an appointment or use e-consult (see above). Please use NHS App to order repeat medication. We can process requests faster this way.**

**Patient Group Activity**

We have a new noticeboard in our Waiting Room and the Chair – Sue Bunney will be coordinating new campaigns for the group to action. They have recently done a survey and their minutes are on our website. The group will be promoting the NHS App.

**Next Patient Group meeting: Wednesday 21 August 2024 at 1pm**

**All are welcome!**

**Website**

We understand that lots of our patients are unable to view our website if you know a member of your community is housebound or without any computer access, please print this and deliver it to them. London Road Surgery thank you for this kindness.

**Healthwatch Essex**

<https://healthwatchessex.org.uk/>

Is an independent charity set up under the Health & Social Care Act 2012 and they use your voice to improve health and care in Essex. They undertake high-quality research and engagement to uncover your experience of services and use it to shape health and care. They are also proud hosts to the Essex Neurology Network.

They can help you find out about and access health and social care services through our Information & Guidance Service**. Call 0300 500 1895, text 07712395398** between 10am and 2pm on Monday, Wednesday and Friday. Outside of those times, you can use it to leave them a message. Check out how to get involved!

[info@healthwatchessex.org.uk](mailto:info@healthwatchessex.org.uk)

Message on **07712395398**, Monday - Friday, 9am to 4:30pm

**Looking After Your Mental Wellbeing**

Looking after our mental wellbeing sometimes falls behind on our list of priorities. But keeping mentally well helps us to keep physically well too. Visit this website for some tips on how to look after your mind: <https://www.nhs.uk/oneyou/every-mind-matters/>

**Free listening services**

These services offer confidential advice from trained volunteers. You can talk about anything that is troubling you, no matter how difficult:

Call [116 123](tel:116123) to talk to [Samaritans](https://www.samaritans.org/how-we-can-help/contact-samaritan/), or email:  [jo@samaritans.org](mailto:jo@samaritans.org) for a reply within 24 hours.

Text "SHOUT" to 85258 to contact the [Shout Crisis Text Line](https://www.giveusashout.org/), or text "YM" if you're under 19.

If you are under 19, you can also call [0800 1111](tel:0800%201111) to talk to [Childline](https://www.childline.org.uk/). The number will not appear on your phone bill.

**The Essex Wellbeing Service 0300** **303 9988**

We provide Essex residents (excluding Southend-On-Sea and Thurrock) with access to health checks; stop smoking services; weight management courses; and emotional health and wellbeing support.

We also support Essex organisations at work via our three-tiered Working Well Accreditation. This consists of workplace health and wellbeing sessions; Mental Health First Aid training; and the Working Well Accreditation itself where organisations can be recognised for their commitment to staff health and wellbeing.

EWS also runs a volunteering service where we recruit and connect volunteers with Essex residents in need of support with everyday tasks, social isolation and making long-term friendships.

The Service is commissioned by Essex County Council. But we couldn’t do this without our amazing alliance of partners…

**Provide CIC**

Provide CIC is a Community Interest Company (social enterprise) that delivers a broad range of health and social care services in the community throughout Essex, Cambridgeshire and East Anglia.

Provide works from a variety of community settings, such as three community hospitals, community clinics, schools, nursing homes and primary care settings, as well as within people's homes to provide more than 40 services to children, families and adults.

Provide CIC has been commissioned by Essex County Council to deliver the Essex Wellbeing Service, in partnership with all the organisations listed on this page.

**Priority Digital Health**

Priority Digital Health (PDH) build digital solutions which empower better self-management and service-management of patients' health and wellbeing.

PDH ensures people get the help and support they need, swiftly, whilst remaining true to their 'Tell Your Story Once' mantra.

PDH’s speciality is disease prevention; their background is in changing behaviour, and their focus is cost-saving and service efficiencies – but not at the expense of user experience.

They have three main products: The Priority Platform (customisable case management software); Diabetes Book & Learn (connecting people with Diabetes to the right education); and AmaraHealth™ (a whole-body health and wellbeing app).

For Essex Wellbeing Service, PDH provides the case management system that digitises lifestyle bookings; volunteer sign-up and management; and referral or self-referral for support with everyday tasks.  
  
PDH provides their marketing services for the EWS and Working Well website and social media. EWS also have access to PDH’s AmaraHealth™ app where Essex residents can track, analyse, and manage their whole-body health inside one app.

**Age Well East**

Age Well East offers community friendship services to anyone in Essex who is over 18 with an aim to end loneliness. They provide one to one volunteer friendship (befriending), pen friending and access to social groups and activities to empower people to live happier and healthier.

Age Well East believes everyone deserves to age well and they have been empowering people in later years since 1950. Their knowledgeable staff and volunteers provide excellent support services which are easily available.

They understand that changes in circumstances make people particularly susceptible to loneliness. When left ignored, loneliness can escalate from a temporary situation to a chronic challenge, which the NHS estimates as having the same detrimental impact as smoking 15 cigarettes a day on health deterioration. In Essex alone, as many as 80,000 people are thought to be lonely, which is one of many reasons Age Well East is so committed to providing excellent and trusted support.

**HCRG Care Group**

HCRG Care Group changes lives by transforming health and care. They are one of the UK’s leading independent providers of community health and care services, working with health and care commissioners and communities to transform services with a focus on experience, efficiency and improved outcomes.

The children and family healthy lifestyle service is here to support your family in making long term, sustainable adjustments to suit your lifestyle. If you are unsure if your child is within the healthy weight range, you can check their body mass index (BMI) using the NHS BMI Calculator. The calculator takes into account your child’s age and sex as well as their height and weight.

If you find your child is outside the healthy weight range - don’t panic! There are lots that the team can do to support you in making healthier lifestyle choices and to help your child achieve a healthier weight as they grow.

Being active and making balanced food choices is important, but HCRG Care Group will work with your family to make sure our support is the right offer for you and your family.

HCRG Care Group’s teams have lots of resources that they would like to make available to your family. If you would like to register your interest or find out more about what HCRG can offer your family, please contact EWS.

HCRG Care Group also runs Essex Child and Family Wellbeing Service on behalf of Essex County Council.

**Rural Community Council of Essex**

Many Essex villages exude an air of prosperity. However, behind the affluent facade there is evidence of hidden deprivation, and with it the potential for people to be unreasonably disadvantaged by living in a rural location.

Rural communities are the reason for the existence of the Rural Community Council of Essex (RCCE) and remain the focus of the vast majority of their work, but they do provide some services, notably Community Agents Essex and United in Kind Coaches on a countywide basis.

Rural Community Council of Essex (RCCE) works to provide local communities with the skills, resources and expertise necessary to achieve a thriving and sustainable future.

RCCE provides support and facilitation for local community organisations and projects; develops initiatives that improve the life chances of disadvantaged people and families; and provides an influential voice for rural communities in Essex.

Part of their attention focuses on helping people who may experience disadvantage and exclusion through factors such as low wage employment, the high cost of housing, lack of access to essential services and a scarcity of public transport.

**Terrence Higgins Trust**

Terrence Higgins Trust (THT) team of specialist health and wellbeing coaches will work to re-engage those who have disengaged from or who have lost trust in the system.  
  
The service works closely with a diverse range of populations across Essex, and in partnership with the wider EWS service to maximize opportunities for LGBT+, Traveller, Roma, and Racially Minoritised communities, as well as Drug and Alcohol Misusers, Homeless / those at risk of Homelessness, as well as those within the criminal justice system.

THT believes that involving and empowering local communities, particularly disadvantaged groups, and young people is central to both promotion of excellent Health and Wellbeing and the reduction of health inequalities.  
THT champions that partnership approaches to service delivery, combined with innovation, improve engagement with service users, contribute to directly addressing marginalisation and powerlessness underpinning health and social inequalities and are effective in building sustainable communities.  
  
THT is also the UK’s largest HIV and Sexual and Reproductive Health charity.  
  
Building upon the already excellent established working relationship between THT and Provide in Essex the THT Essex Wellbeing Service (EWS) partnership will engage with and empower Seldom Heard From Communities.

Services

* [Stop Smoking](https://www.essexwellbeingservice.co.uk/services/stop-smoking)
* [Physical Activity](https://www.essexwellbeingservice.co.uk/services/physical-activity)
* [Social Isolation](https://www.essexwellbeingservice.co.uk/services/social-isolation)
* [Mental Health](https://www.essexwellbeingservice.co.uk/services/mental-health)
* [Alcohol Reduction](https://www.essexwellbeingservice.co.uk/services/alcohol-reduction)
* [Sleep](https://www.essexwellbeingservice.co.uk/services/sleep)
* [Health Checks](https://www.essexwellbeingservice.co.uk/services/health-checks)
* [Child Lifestyle Service](https://www.essexwellbeingservice.co.uk/services/child-lifestyle-service)
* [Weight Management](https://www.essexwellbeingservice.co.uk/services/weight-management)

T: 0300 303 9988

E: [provide.essexwellbeing@nhs.net](mailto:provide.essexwellbeing@nhs.net)

**Opening Hours**

Monday to Friday 8.00am - 7.00pm

Saturday 9.00am to 12.00pm

All enquiries, will be responded to during the opening hours above

**Complaints / Feedback**

T: 0300 303 9951

E: [provide.customerservices@nhs.net](mailto:provide.customerservices@nhs.net)

**NHS App**

If you have a smartphone, you can download the NHS App which allows you to order repeat prescriptions and book appointments quickly and easily.

We encourage use of the NHS App as this saves time for the patients. It will integrate with secondary care so you can see future hospital appointments.

**Contact Details**

Don’t forget to let us know if you have new phone number or change address. You can email us or call us.

**The Good Grief Trust**

**Website** [**www.thegoodgrieftrust.org**](http://www.thegoodgrieftrust.org)

If you have been affected by a sudden bereavement during this crisis and need support, advice and guidance.

PLEASE CALL; SUDDEN BEREAVEMENT HELP 0800 2600 400,

OPERATING HOURS: 10AM – 4PM MONDAY – FRIDAY.

**Mental Health Information**

VitaMinds offer a free and confidential NHS Service and Psychological talking therapies. They offer support for Anxiety, Low mood, Depression, Panic attacks, Social anxiety, sleep problems, PTSD, OCD and specific phobias. You can self-refer online vitahealthgroup.co.uk or call 01268 977 171 Monday – Friday 8am – 8pm and Saturdays 9am – 12.30pm or Out of Hours emotional support 24/7 01268 977 171

**Contact Us Online**

We have updated our website and added a tab called Contact Us Online. This is for patients to send us administrative queries or medical issues. Hopefully this will free up our phone lines for those patients without internet access.

**Useful Telephone Numbers**

Boots Allianz The Wick 01268 574018

Boots Mayflower 01268 820235

Boots Willowdale 01268 761911

Co-op 01268 970532

Garbetts 01268 732042

Medipharm 01268 735777

Sainsbury’s 01268 270282

Shadforths 01268 733313

Shotgate 01268 768547

Tesco Mayflower 01268 367647

Wells Pharmacy 01268 762605

**CARING FOR OTHERS**

If you are caring for a relative, you can access information & advice, specialist support, groups & activities through Carers First. Carers First is a charity commissioned by Essex County Council:

Telephone: 0300 303 1555

Email: [hello@CarersFIRST.org.uk](mailto:hello@CarersFIRST.org.uk)

Please let us know if you are an unpaid Carer and if you need support

**Useful Resources:**

**Alzheimer’s Society:** 01245 260911 3 Lockside Marina Chelmsford CM2 6HF

**National Domestic Violence Helpline**: 0808 2000 247 https://www.nationaldahelpline.org.uk

**NSPCC helpline**: 0808 800 5000

**ChildLine**: 0800 1111

**MIND**: www.mind.org.uk

**YoungMinds**: https://youngminds.org.uk

**ICON**: Babies cry: You can cope https://iconcope.org

**IRISi:** irisi.org/iris/find-your-local-iris-site

**August 2024**

**World Breastfeeding Awareness Week, 1st-7th August**  
  
The theme for Breastfeeding Awareness Week this year is ‘closing the gap’. This theme will explore the different mothers from all over the world who breastfeed, and showcase how people who surround the mothers, such as family, friends and healthcare workers, can provide support.  
  
Some of the aims of Breastfeeding Awareness Week are to allow adequate time for women to provide breast milk whilst at work, to allow enough time off for maternity leave all over the world, and to invest in breastfeeding support schemes.  
  
<https://www.who.int/campaigns/world-breastfeeding-week/2024>  
  
<https://www.breastfeedingnetwork.org.uk/>  
  
**South Asian Heritage Month, 1st-17th August**  
  
The theme of this year’s South Asian Heritage Month is ‘free to be me’. South Asian Heritage Month aims to bring awareness to the great contribution that South Asian Heritage has had on our society. This is implemented by developing educational programmes in schools, showcasing art and commemorating key historical events. You can get involved by volunteering and helping out with tasks and activities. You get to choose which tasks and activities you’d like to take part in, and you can share your ideas with the rest of the team.  
  
<https://southasianheritage.org.uk/volunteers/>  
  
**Cycle to Work Day, 5th August**  
  
Cycle to Work Day is a great way to improve not only your physical fitness, but also your mental and emotional wellbeing and your finances.  
  
Cycling to work can mean that you start your day with some exercise, which will benefit you in many ways. Not only is cycling to work great in itself, but you can earn rewards by taking part! The Cycle to Work Scheme is giving people the opportunity to win thousands of pounds, just by cycling to work! Improving your health and the chance to earn money should be plenty of reason to get involved! To find out more, you can use the link below.  
  
<https://www.cyclescheme.co.uk/cycletoworkday>  
  
<https://www.strava.com/clubs/1239247>  
  
**Playday, 7th August**  
  
Playday this year celebrates the culture of childhood. Play is something that humans have in common across generations and cultures. Play is fun and helps us to develop our minds, bodies and relationships.  
  
<https://www.playday.org.uk/>  
  
**National Allotments Week, 12th-18th August**  
  
This year’s National Allotments Week celebrates biodiversity in UK allotments. Biodiversity is critical for our habitats and wildlife, but it also contributes positively to the sustainability and nutritional value of our food.  
  
<https://www.allotmentonline.co.uk/national-allotment-week>  
  
**Hair Loss Awareness Month, 1st-31st August**  
  
Usually, hair loss isn’t something you need to be concerned about. However, in some cases it can be a sign of something more serious. The usual and most likely causes of hair loss are illness, stress, weight loss and iron deficiency. Although this hair loss can be upsetting, it’s not permanent and can sometimes be treated. Some more serious cases can be caused by some cancers, but this is uncommon.  
Treatments for hair loss can include steroid injections, steroid creams, light treatment, surgery and more. If you have unexplained hair loss and you’re concerned about your health, you should discuss this with your general practice team who will be able to offer you some guidance.  
  
<https://www.nhs.uk/conditions/hair-loss/>  
  
**Psoriasis Action Month, 1st-31st August**  
  
Psoriasis is quite rare, but it can be difficult to deal with if you suffer from it. Signs of psoriasis can include red skin patches, dry skin, thick nails and stiffness. Psoriasis can be something you develop naturally or it can occur due to lifestyle choices, such as smoking or obesity. Psoriasis also increases your chance of developing diabetes, which is also difficult to manage and is usually a lifelong problem.  
  
The causes of psoriasis are varied, but the condition itself entails the over-production of skin cells. This overproduction then leads to the visible patches on the skin. Often, psoriasis develops after a trigger, such as an injury or an infection. Often, Vitamin D cream is the first treatment offered to sufferers of psoriasis, so if you’re concerned about psoriasis whilst waiting for a GP appointment, you could try increasing your Vitamin D intake.  
  
<https://www.psoriasis-association.org.uk/>  
  
<https://www.nhs.uk/conditions/psoriasis/>  
  
**Erectile dysfunction**  
  
Erectile dysfunction is common in men over 40, and usually nothing to worry about. However, if you’re concerned, you can get in touch with your medical practice. Erectile dysfunction is described as being unable to get an erection, or having an erection that doesn’t last long enough to have sex.  
  
Causes of erectile dysfunction can include tiredness, stress, hormone issues or diabetes and high cholesterol. Ways to improve or prevent erectile dysfunction can include losing weight if you’re overweight, eating healthily, increasing exercise and stopping smoking. You should seek medical advice if it’s a consistent issue, as it could be related to something else.  
  
[https://www.nhsinform.scot/illnesse...-reproductive/erectile-dysfunction-impotence/](https://www.nhsinform.scot/illnesses-and-conditions/sexual-and-reproductive/erectile-dysfunction-impotence/)  
  
<https://www.nhs.uk/conditions/erection-problems-erectile-dysfunction/>  
  
**Accident prevention in young children**  
  
As the summer holidays are approaching, and you may be spending more time with your children, it’s important to know how to deal with and prevent many situations that could occur.  
  
Simple things like not giving your child hard sweets or nuts could prevent a potential serious choking episode. Sitting with your child whilst they’re eating can also help with the prevention of choking, as you’re there to aid if necessary.  
  
Keeping plastic bags, nappy bags and other similar things away from your child can help to prevent the possibility of suffocation, and being mindful of where your child plays and sleeps can also prevent injuries.  
  
<https://www.rospa.com/policy/home-safety/advice/accidents-to-children>  
  
<https://www.nhs.uk/conditions/baby/first-aid-and-safety/safety/baby-and-toddler-safety/>  
  
**Vitamin D supplements**  
  
Vitamin D is vital for keeping your bones, teeth and muscles healthy. A lack of Vitamin D can cause rickets, especially in children. The people most at risk of Vitamin D deficiency are children under the age of four and babies.  
  
Usually, in the summer months, you should get enough Vitamin D from sunlight; however, if you or your child are inside the majority of the time, then you should consider taking daily vitamin tablets in order to support normal bone health. You can also get Vitamin D from foods such as oily fish, red meat, liver and egg yolks.  
  
<https://www.rnoh.nhs.uk/services/children-and-adolescents/vitamin-d-children>  
  
<https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>  
  
**BBQ safety**  
  
Now that it’s the middle of summer, BBQs are much more common and it’s important to know how to be safe around them. Some major things to keep in mind are to never leave a barbecue unattended, keep children and pets away from the barbecue, keep a bucket of water nearby, and ensure that the barbecue is completely cool before moving it.  
  
Fire and burns aren’t the only risk when it comes to barbecues; carbon monoxide is also a dangerous side effect of having a barbecue. To avoid this, it’s important to never attempt to use a barbecue inside, and to stay out of direct range of the barbecue for long periods of time. For more information on how to stay safe whilst having fun, use the link below.  
  
<https://www.london-fire.gov.uk/safety/the-home/cooking/bbqs/>  
  
<https://humbersidefire.gov.uk/your-safety/safety-in-the-home-advice/barbecue-safety>  
  
**Mindfulness**  
  
Mindfulness can help you to focus on what’s going on in the moment, allowing you to become more self-aware. Practising mindfulness can help to improve your day-to-day wellbeing, whilst working on yourself. There are many ways in which you can access guidance on mindfulness, one of those being the Mind website, which includes a detailed description and videos that can help you to get started.  
  
<https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness/>  
  
**Organ donation**  
  
Choosing to be an organ donor is an important decision, and could mean that you play a part in saving somebody’s life. Being an organ donor means that in the event that you have passed away, or are in end-of-life care, you can choose to donate your healthy organs to someone who needs them. Usually, the people who require organ donations are people who have been on waiting lists for a significant amount of time, or are potentially in a fatal condition.  
The staff who are looking after you will always keep your health and wellbeing as their priority. Organ donation will only be considered if you are the end of life. It can be important to discuss and share your wishes with your friends and family. Everyone is automatically an organ donor; however, you can opt out of being a donor if you don’t want to be one. It’s important to think carefully about what you’d like to do, and to ensure you’re making the correct decision. To find out whether organ donation is right for you, you can use the link below.  
  
<https://www.organdonation.nhs.uk/>  
  
<https://www.organdonation.nhs.uk/helping-you-to-decide/about-organ-donation/get-the-facts/>  
  
**Back-to-work blues**  
  
Going back to work after being on holiday or having time off can be hard, but there are some things you can do to help yourself ease back into normality. Organising your things the night before work can be helpful, to remove the stress that can come with an early morning. If you receive a lot of emails, you could try sorting through them gradually, instead of all at once.  
  
Make the most of longer evenings in the summer, so that your whole day isn’t taken up by work, and do something you enjoy. Make sure you have breaks and downtime, to relax and do what you like doing; this will help to break up your day and make your free time more enjoyable. Try to exercise or go for a walk; this can help to clear your mind and reduce brain fog.  
  
<https://www.brita.co.uk/news-stories/dispenser/beating-the-back-to-work-blues>  
  
<https://www.theguardian.com/money/2012/sep/03/beat-back-to-work-blues>  
  
**Travel insurance**  
  
Making sure you’re insured for healthcare abroad before going away is very important. If you need healthcare in another country, it’s likely to be very expensive and difficult to afford, which you don’t want in the back of your mind whilst you’re on holiday. Applying for a GHIC is easy, and will remove any of the stress that surrounds the financial burden of an injury. To apply for healthcare cover overseas, you have to provide some details about yourself, such as your name and your National Insurance number. Once you’ve applied, you’ll receive an email within 24 hours, explaining whether or not you’ve been accepted. Once you’ve received this email, you should receive your card in the post within 15 days, and this then means you’ll receive reciprocal treatment as a local would while you’re away. You still need comprehensive travel insurance. To apply for a GHIC, you can use the link below.  
  
<https://www.gov.uk/government/news/uk-launches-global-health-insurance-card>  
  
[https://www.nhs.uk/using-the-nhs/he...-a-free-uk-global-health-insurance-card-ghic/](https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/)  
  
**Sun cream**  
  
Making sure you’re using the correct sun cream for yourself and your children is important, as burns can cause long-lasting damage. If you’re an adult, you should use at least SPF 30, and younger children and babies should use SPF 50. The SPF is the sun protection factor, so this indicates how much the sun cream protects you from UV rays. Your sun cream should also be UVA 4-star rated. You should also double-check that your sun cream hasn’t expired, as that would prevent it from effectively protecting you from the sun.  
  
Sun cream should be applied when first going out in the sun, every few hours if you’re dry, or every time you leave the water if you’re at the pool or the beach. You should also cover up with clothing and take regular breaks in the shade. It’s also important to remember that the sun does not determine whether you burn; the UV rating does. You should always check the UV rating before going outside, as you can still get burnt in cloudy weather. For more information on how to properly use sun cream, see the link below.  
  
<https://www.nivea.co.uk/advice/sun/how-to-apply-sunscreen>  
  
<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>  
  
**Active 10 and Couch to 5K**  
We should all aim to do 150 minutes of moderate exercise per week; this is the same as 20 to 30 minutes per day. To help us do this, the NHS has two apps. ‘Active 10’ measures your activity when you’re walking, and ‘Couch to 5k’ is a programme designed to get you running for 30 minutes by the end of a nine-week programme.  
  
<https://www.nhs.uk/better-health/get-active/>