



JUNE 2024

The Village Medical Centre

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Web:

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

SURGERY CLOSED THURSDAY 20th June 2024: 1PM – 6.30PM

The surgery will be closed on Thursday 20th June 2024 for staff training.

If you need to speak to a GP during this time, please call 111

Carers Week 10th June – 15th June 2024

Raising awareness of caring, these events highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

Please visit:

<https://wired.me.uk/carers-support/carers-week-2024/>

Welcome..

..to The Village Medical Centre's latest newsletter! We're delighted to connect with you and share updates from our practice and valuable health information to support your well-being. **Be sure to sign up via our website to receive each issue in your email inbox as soon as it is published!**

Diabetes Week, 10th – 16th June

The focus of this year's Diabetes Week is health checks.

If you have diabetes it's important to make time for your health checks. We offer these to make sure that you're staying fit and well, and that your condition is well managed to ensure you stay healthy in the longer term.

<https://www.diabetes.org.uk/diabetes-week>

<https://www.diabetes.co.uk/nhs/diabetes-health-checks.html>

Travelling abroad?

Our nurse teams can provide travel health advice and arrange for appropriate immunisations.

Please visit our website for our online form so that we have enough initial information to review your needs. A member of the nurse team will contact you to discuss further and to arrange an appointment for you to be vaccinated. Alternatively, contact our reception team for a paper version of the form.

Some travel vaccines are ordered on a private prescription, and these incur a charge over and above the normal prescription charge. This is because not all travel vaccinations are included in the services provided by the NHS.

Veteran friendly GP practice

The Village Medical Centre is an accredited Veteran Friendly GP Practice.

We are proud to support our Armed Forces community. Our accreditation shows we can deliver the best possible care and treatment for patients who have served in the armed forces.

As a Veteran Friendly GP Practice, we:

- Have a clinical lead for veteran health Dr Vicki Jennings (Partner)
- Ask patients 'Have you served?' to identify veteran patients.
- Support veteran patients to access dedicated health services.
- Undertake specialist training to meet the health commitments of the Armed Forces Covenant

Let a member of staff know if you, or your spouse/partner, have ever served in the UK armed forces. This will help us best support your care needs.

The Royal College of General Practitioners runs the scheme in partnership with NHS England.

[Find out more on the Royal College of General Practitioners website.](#)



Skin cancer awareness

There are several forms of skin cancer. You should be aware of the symptoms so that you're aware of any concerning changes in your skin or moles.

Asymmetry, Border, Colour, Diameter, Elevation, Firm, Growing are the words we use to describe moles we should be concerned about. To help, Skcin have developed an app that will help you understand your risk of skin cancer. It will also help you monitor and assess any lesions.

<https://www.macmillan.org.uk/cancer-awareness/skin-cancer-awareness-month>

<https://www.melanomauk.org.uk/the-abcde-rule>

<https://www.skcin.org/>

BNF Healthy Eating Week, 10th – 14th June

During Healthy Eating Week, let's take some time to think about what a healthy diet looks like, and how you can make sure you're eating well.

It can be difficult to know what a healthy diet looks like with so many easy food options available to us. The Eatwell Guide helps to illustrate what our plates should look like to ensure a well balanced and healthy diet.

<https://www.nutrition.org.uk/nutritional-information/>

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

Importance of attending review appointments

If you're invited to have a review for your long-term condition, it's important to attend. During your review appointment, we'll check how you're managing, and you'll get the opportunity to discuss any concerns or new treatment options available.

