



# BEACON SURGERY BULLETIN

Welcome to our second quarterly bulletin. Keeping you up to date with the latest news from the Surgery and information relating to your health that may be of interest to you.

## In this Issue:

### 1. News from the Surgery

A regular feature letting you know the latest news from the Surgery and, in this issue, how our First Contact Practitioners could help you to be seen more quickly

### 2. Healthy Living

Our focus this time is on advice for the summer – whether you are planning to travel abroad or enjoy the summer sun here in the UK

### 3. Focus on Health Issues

Moles

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## Surgery News

This is our second patient bulletin where we are looking ahead to summer and hopefully some warmer weather!

You may have noticed the recent building work in the old pharmacy which has enabled us to add additional clinic rooms which we hope will be used for a range of services.

We have had a number of our reception and administration team retire this year and have now added 6 new members to the team. They are settling in well but it may take a little longer for us to answer the telephone whilst we are training. They will all be up to speed very soon.

Introducing our First Contact Practitioners, Harry Holder and George Smith who specialise in the following problems:

- Soft tissue injuries, sprains, strains or sports injuries
- Arthritis in any joint
- Possible problems with muscles, ligaments, tendons or bone (e.g. tennis elbow, carpal tunnel syndrome, ankle sprains)
- Spinal pain including lower back pain, mid-back pain and neck pain
- Spinal-related pain in arms or legs (e.g. pins and needles or numbness)
- Post-orthopaedic surgery

For these types of problems our reception team will book you an appointment directly with Harry or George; you do not have to see your GP first. This should save you time and get you the right help as quickly as possible.





## General Travel Advice

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Please visit the link below for the latest Government Advice on travel to your destinations

[Travel Aware – staying safe and healthy abroad \(campaign.gov.uk\)](https://www.gov.uk/campaign/travel-aware)

#### Before You Go

If you are travelling abroad this year and might need vaccinations these need to be planned in plenty of time.

Some vaccinations have to be given at certain intervals so it is never too early to plan a safe trip. We can provide a full travel and immunisation service but we do need to start this process at least 2 months before your intended departure. This allows the nurse to check what is needed and to plan your vaccinations if required.

Please visit our website: <https://www.beaconsurgery.co.uk/travel-health> and complete the Travel Risk Assessment form so we can get the process started. There is also some further advice and information on our website.

## Sun Safety

It may not seem like it but summer will soon be here so please do take care and use appropriate sun screen, clothing, hats and sunglasses etc as the sun and heat can impact your health. Children are especially vulnerable.

This applies both in the UK and abroad. Use a high factor sun screen to help reduce the risk of burning and permanent skin damage.

There is lots of useful advice at <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

In hot weather make sure you drink plenty of water to avoid dehydration. If you are not passing water regularly you are not drinking enough.

## Moles

We all need to keep a check on our bodies for changes and we should look out for moles that change over time. If you have a new or existing mole that:

- Changes shape
- Becomes darker/black
- Starts to grow rapidly
- Crusts
- Bleeds
- Itches
- Painful

Please consult a GP. In most cases there is no cause for concern but you may have skin cancer and early diagnosis, referral and removal is advisable.