



# Summer Is Here!



As the lovely British summertime gets underway, make sure you stay protected from the dangers of the sun! Sunburn increases your risk of skin cancer and can happen in the UK as well as when overseas - even when its cloudy.

So whether your travelling abroad or staying in the UK this year make note of these useful Sun Safety Tips;

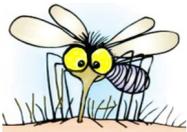
It is recommended that you stay in the shade when the sun is strongest. In the UK this is between 11am and 3pm from March - October.

**Make Sure You:**

- Never Burn.
- Cover up with suitable clothing and protect your eyes with sunglasses.
- Take extra care with children.
- Use at least factor 15 sunscreen.



## Bites and Stings



If you have troublesome symptoms after an insect bite or sting the following treatments may help;

- **For itching** you could try over the counter creams or lotions and/or antihistamine tablets. Be sure to always read the leaflet. If you are unsure you could ask our clinical pharmacist, Amit, for advice on what creams are available.
- **For swelling** try regularly applying a cold compress or ice pack this should help soothe the affected area and bring down swelling.

**You should seek medical advice if you have symptoms of a wound infection, such as pus, increasing pain, swelling and redness.**



**For More information on bites and stings try visiting the NHS Choices Website: WWW.NHS.UK**



## Out of Hours GP Telephone Consultations

Some patients may not be aware that we offer out of hours and extended hours appointments where you can book in for a telephone consultation with a GP outside of normal surgery hours. To find out when these are available or to arrange an appointment, please contact Reception on 01905-622900.

## Ombersley Memorial Hall's Tea & Coffee Shop

This is a non-profit making community tea & coffee shop in the Jubilee Room on the following dates in August:

Monday 13th August 10:30am - 12:30pm

Thursday 23rd August 2:00pm - 4:00pm

Come along to relax, have a chat or just read a newspaper!

## Everyone Welcome!



## Welcome Dr Josie Conquest!



As most of you will know by now in June of this year Dr Claire Thorley retired after nearly 20 years at the surgery.

We now have the pleasure of introducing you to our new addition to the Ombersley Medical Centre team, Dr Josie Conquest MBChB, BMedSci, MRCGP(2015).

Some of you may have met her already, she has joined the practice after previously working at Barn Close Surgery in Broadway.

She has clinics on;  
Tuesday Mornings & Afternoons  
Thursday Mornings & Afternoons  
Friday mornings.

I'm sure all of you will make her feel very welcome!