**Riverside Surgery Newsletter**

**May 2018**

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|  **Surgery Opening times** |
|  | **Open** | **Lunch** | **Closed** |
| **Monday** | **8.00am** | **1.00 – 2.00pm** | **6.00pm** |
| **Tuesday** | **8.00am** | **1.00 – 2.00pm** | **6.00pm** |
| **Wednesday** | **8.00am** | **1.00 – 2.00pm** | **6.00pm** |
| **Thursday** | **8.00am** | **1.00 – 2.00pm** | **6.00pm** |
| **Friday** | **8.00am** | **1.00 – 2.00pm** | **6.00pm** |

**The practice is open on a Wednesday morning between 07.00am and 9.00am for pre-booked appointments only; these will be with the Advanced Nurse Practitioner.**

**The surgery will be closed on the afternoon of Tuesday 22nd May for Protected Learning time.**

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| **May Bank Holidays****The surgery will be closed on Monday 7th May (May Day) and Monday 28th May for the bank holidays.****C:\Users\GARNT\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\4MZ4S5PL\month-of-may-flowers[1].png** |

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| **World Asthma Day**Tuesday 1st May is a day dedicated to raising awareness, care and support for those affected by Asthma.C:\Users\garnt\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\218XFNAI\Imagen1[1].pngAsthma is a chronic disease of the lungs causing breathing problems; the symptoms include breathlessness, coughing, wheezing and a feeling of tightness in the chest. If you have a family member that suffers with Asthma take the time to educate yourself on the illness and the different ways you can help. |

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| **Sun awareness week**Hopefully the weather will start to warm up and we will see some consistent sunshine, please follow the sun protection tips below to enable a safe summer for you all.C:\Users\garnt\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\6TPJGXXC\sun-151763_640[1].png* Spend time in the shade during the sunniest part of the day when the sun is at its strongest, which is usually between 11am and 3pm in the summer months
* Avoid direct sun exposure for babies and very young children.
* When it is not possible to stay out of the sun, keeping yourself well covered, with a hat, T-shirt, and sunglasses can give you additional protection.
* Apply sunscreen liberally to exposed areas of skin. Re-apply every two hours and straight after swimming or towelling in order to maintain protection.

So there you have it – keep covered up, stay out of the sun at the hottest time of day and don’t be stingy with the sun cream! |

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| National Walking MonthMay is National Walking Month. National Walking Month is a campaign to promote the benefits of walking and to get everyone walking, no matter what your level of fitness is.  Walking is simple and free and one of the easiest ways to be more active, lose weight and become healthier.C:\Users\garnt\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\UHUGI27C\15446902-the-illustration-shows-a-boy-and-a-girl-tourists-they-go-on-the-hike-behind-them-backpacks-illustrat[1].jpgWalk to school week is between 21-25th May. A generation ago 70% of us walked to school now its less than half. Childhood obesity is now a bigger issue than ever in the UK so encouraging children to walk to school could make all the difference for their future health. |