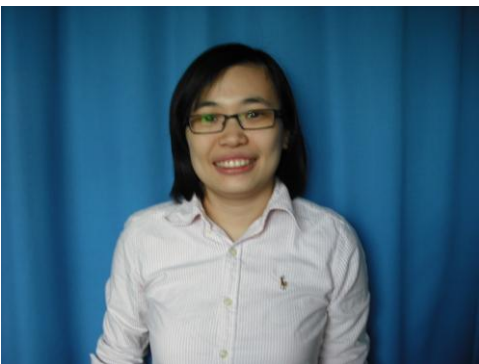


### Living with Arthritis – the 2011 Health Education Meeting

About 100 people were present at the meeting in Datchet Village Hall on 19 April 2011. Presentations were made by four guest speakers, but the star of the show was Rebecca. She told her personal story of what it is like to live with the condition from childhood, through school years and into adulthood. Despite her disabilities, Rebecca enjoys amateur dramatics, she is married and she works as a Receptionist at the Health Centre. Rebecca left her audience enthralled and full of respect. She epitomized the notion of *living with* arthritis.

The feedback from the audience has been very positive, despite the parking difficulties on the day. A collection was made for the charity, Arthritis Care.

### Dr. Ai Ling Koh and Dr. Nadja Kelly



Dr. Ai-Ling Koh



Dr Nadja Kelly

Dr Ai-Ling Koh joined the practice team in April and completes her 4-month placement at the end of July. Many readers will have already met her. Ai-Ling is an F2 doctor, meaning that she is in her second “foundation” year after having qualified. She is interested most of all in paediatrics, but has yet to make up her mind about what to specialize in next year.

Dr Nadja Kelly has also been working at the Datchet Health Centre since April. Nadja is already qualified as a GP and has joined our practice team for a 6 month placement. Nadja has already become a popular doctor at the DHC. She hopes to find a permanent post as a GP after her placement with us and we wish her well.

### May we have your e-mail address, please?

We want to keep in touch with our patient community and e-mail is a good way of doing this. If we have your e-mail address we can better keep you informed about the practice. We can also give you the opportunity to tell us your views about our services and how we may be able to improve them. Your e-mail would allow us to:

- Send you the quarterly patient newsletter
- Keep you informed about our opening times e.g. over bank holidays
- Keep you up to date with new developments at the practice
- Ask for your views about our services and the way we provide them

We aim to create an e-mail community of our patients. We shall ensure that your e-mail address is not shared and that it remains confidential. If you are willing for us to contact you by e-mail, please complete the form available at reception. Even better, contact us by email at [be-pct.dhcpatient@nhs.net](mailto:be-pct.dhcpatient@nhs.net) or use the link on the practice website.

## Sun protection against skin damage

Summer has arrived! It is great to enjoy the sun, but have you ever thought about how the sun might affect your skin?

Sunlight is a source of vitamin D. A few sun exposures weekly in the summer months with each exposure lasting 10-15 minutes help to build up vitamin D stores in your body. However, excessive sun exposure can be harmful to the skin. Short term sun exposure can cause sunburn in which the skin becomes red, hot and painful. Excessive exposure to sun over a number of years can damage the skin, causing premature skin ageing and wrinkling, brown spots, actinic keratoses (benign warty growths on skin) and can increase the risk of developing skin cancer. Most skin cancers develop on sun-exposed areas of the body, such as face, ear, neck, lips, and back of the hands. You should always check your skin for any new skin abnormalities and always consult your GP if the skin abnormalities do not disappear in 4-6 weeks or if they become bigger in size.

The best ways to reduce the risk of skin cancer are to avoid intense sunlight and to practice sun safety. If possible, stay indoors or in the shade between 11am and 3pm in the summer months as this is the time when the sun's rays are the strongest. When you are out in the sun, cover up your body to guard as much skin as possible. You should apply a generous amount sunscreen of a sun protection factor (SPF) 15 or higher on your uncovered skin for sun protection. Try to apply the sunscreen 20-30 minutes before going into the sun to allow time for it to soak into the skin and reapply frequently at least every two hours. Sunscreen should not be thought as an alternative to avoiding the sun or covering up.

Children's skins are very sensitive to sun damage and it may increase the risk of skin cancer later in life. Therefore, it is very important to protect their skin from the sun. Infants should be kept out of the sun entirely. Children should wear a hat and protective clothing and use sunscreen of SPF of at least 30 for sun protection.

Dr. Ai Ling Koh

## Dr. Ruth Ferguson – a new partner of the practice

We are delighted to announce that Dr. Ruth Ferguson has accepted an invitation to become a partner of the practice from 01 July, 2011. Ruth has worked at the health centre as an employed or "salaried" GP for more than two years. By becoming a partner, Ruth will take on a share of the business side of the practice and she will have more involvement in practice development. Ruth has already established herself as a well respected and popular GP. The practice team is delighted with this appointment at a time when Dr. Adrian Dalton is working towards retirement in April 2012. Ruth's enthusiasm, experience and skills are much valued and she will be a credit to the partnership, just as she has always been a credit to the practice.

## A new Patient Participation Group (PPG) Chair

Following the interview of two candidates who expressed an interest, Mark Smithers has been appointed the new Chair of the PPG. We are delighted with this outcome. Mark has been a patient of the practice for many years. He presently works as a mediator and arbitrator, for which he is accredited by the Law Society. Much of his work is within the NHS. He has a number of exciting ideas about how the PPG could develop in the future and we look forward to working with him.

## The DHC Walking Group – why not join us?

The DHC formed a walking group in January 2006 to provide organized walks for patients, staff and friends led by members of the practice team. The aim is to encourage all of us to exercise a little more and to enjoy some of the wonderful walks that are available locally. The annual subscription cost of joining the Walking Group is £12.00 per person. For this subscription you will receive written instructions for a walk every month, to be led on the first Sunday of the month. The walks are led by a member of the practice team usually starting at 10 a.m. and are open to all group members. They are circular walks averaging about 5 miles in length. We welcome new members. How to join and further information can be found on the practice website [datchetdoctor.co.uk](http://datchetdoctor.co.uk), at reception or by emailing Helen at [helensd@tiscali.co.uk](mailto:helensd@tiscali.co.uk).