

THORNTON NEWS

Welcome to our Thornton Medical Centre Summer 2026 Newsletter

Summer is the perfect time to slow down and get outside and enjoy the simple things that boost both physical and mental wellbeing. Healthy summer activities could include having your lunch outside, taking a day trip or going for a walk!

Sun Safety

Sunburn increases the risk of cancer. Apply sunscreen to all exposed skin, don't forget your neck and ears and your head if you have thinning or no hair.

FEEL WELL THIS SUMMER

- 1 In hot summer weather **stay out of the sun**, particularly between 11am and 3pm, wear a hat and light clothing to cover up, and use sunscreen of at least Factor 15.
- 2 **Avoid strenuous activity** and remember to drink plenty of water and avoid excess alcohol, caffeine and hot drinks.
- 3 Ensure food is **not left out** in warmer weather, and that it is **cooked thoroughly** at a barbecue to avoid food poisoning.
- 4 If you're planning to travel outside the UK, **seek travel advice** at www.travelhealthpro.org.uk/country-information. You may also need to be **vaccinated** against infections you may come into contact with while travelling.
- 5 **Be a good neighbour** and look after those who may need a helping hand in hot weather, such as the very old, the very young and people with chronic conditions.
- 6 **Choose Well** and use the correct health service, at the right time.

With warmer weather approaching and a whole host of events taking place, such as the World Cup, Roundhay and Leeds Festivals, and the Leeds West Indian Carnival, West Yorkshire Police have launched a new campaign to encourage people to enjoy summer safely, please see below for information –

Safe nights out

If you're going on a night out with friends, have a great time, but look out for yourself and each other. Stay together, never leave drinks unattended and only use licenced taxis.

Drink and drug driving

If you're planning to go out to a pub, club or restaurant and will be drinking alcohol or taking drugs, make sure you've planned how you're getting home. Also remember, you could still be over the limit the next day.



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Bank Holidays and Staff Training days for Summer 2026

The surgery is closed on the following dates for Bank Holidays:

- Monday 31st August 2026

The surgery is closed from 12pm for staff training:

- Thursday 25th June 2026
- Thursday 16th July 2026

and will re-open 8am the following day.

If you need medical advice when the surgery is closed, use NHS 111 online (111.nhs.uk) or call 111, they can direct you to the best place to get help if you cannot contact your GP during the day, or when your surgery is closed.

Always call 999 in a medical emergency.

Welcome back! To secretary Issy from travels abroad and Dr Claire Chan from maternity leave.

Goodbye and good luck! To Dr Feyi Mustapha who along with her family has moved abroad to an exciting new position. A brief goodbye to both Amy (our practice nurse) and Elli (our dietician) who have gone on maternity leave.

Are You a Carer?

If you provide unpaid support to a family member, friend, or neighbour due to illness, disability, frailty, or mental health needs, you may be a carer. Please let the practice know so we can update our records and help connect you with support services available to carers.

Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. There's currently no cure for hay fever and you cannot prevent it. But you can do things to ease your symptoms when the pollen count is high such as -

- put petroleum jelly (such as Vaseline) around your nostrils to trap pollen
- wear wraparound sunglasses, a mask or a wide-brimmed hat to stop pollen getting into your nose and eyes
- shower and change your clothes after you have been outside to wash pollen off
- keep windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth

You can also visit a chemist and speak to a pharmacist who can give you advice and suggest the best treatments to help with symptoms.

Thank you for reading our newsletter. Have you visited our website recently? It's regularly updated <http://www.thorntonmedicalcentre.nhs.uk/> or our **facebook page!**