



# SURGERY NEWSLETTER

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## CONTACT

## INFORMATION

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## HOLIDAY TIME!!



*It's that time of year where people are thinking about their holidays. If you are travelling abroad, here's what to think about before you travel.*

### Travel vaccinations

Start preparing for your trip four to six weeks before you go. Read the latest health advice for the country you're travelling to on the Fit for Travel website ([www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)), and check the travel safety updates with the Foreign & Commonwealth Office ([www.fco.gov.uk](http://www.fco.gov.uk)). You may need travel vaccines or, if diseases such as malaria are a risk, you may need to start protecting yourself well in advance. Prepare a kit of travel health essentials, including sunscreen, painkillers, antiseptic, insect repellent and anti-diarrhoea pills. These will be useful wherever you're going.

***If you are unsure what you need for your destination, please contact the surgery for more information.***

### Sun protection

Skin cancer is one of the most common cancers in the UK, and it's a growing problem. Each year, around 2,600 people die from skin cancer. Skin cancers are caused by damage from the sun's ultraviolet (UV) rays. Protecting the skin from the sun can help prevent these cancers. Be **SMART**

- **S**pend time in the shade between 11am and 3pm.
  - **M**ake sure you never burn.
- **A**im to cover up with a T-shirt, hat and sunglasses.
- **R**emember to take extra care with children.
  - **T**hen use factor 15+ sunscreen.

*Have a great, and safe, holiday!!!*

## SINGING FOR HEALTH



Great Massingham and Docking Patient Participation Group are hoping to form a 'Singing for Health' group. They will meet every 3rd Monday at Docking Surgery from 7pm - 8.30pm. All are welcome and you do not need to belong to either surgery to attend.

The first one will be Monday 21st May. Please contact Shirley on 01485 518235 or Sally on 01485 520922 for further details. Hope to see you there!

Let me tell you about....

# FUN DOG SHOW

*In aid of the  
Great Massingham and Docking Surgery's Patient Participation Group*

On Sunday 24th June 2012 the PPG will be hosting a Fun Dog Show to raise funds to benefit the surgeries of Great Massingham and Docking.

The idea of a fun dog show is that anybody who wants to enter their pampered pooch or best dog pal can do so. Your dog does not have to be a pedigree, although they too are welcome, but all pet dogs have to be on a lead and well-behaved.

There are many classes to enter, which have all been sponsored by local people, business or playgroup who want to give their support.

**Unusually all the classes will be judged to 6th place, with every dog receiving a rosette.**



## What, Where and When?



**WHAT** you have to do is just turn up at the venue with **£1 for every class** you would like your pooch to enter. We suggest a little spending money too as there will be a Tombola, refreshments and other stalls to interest you.

**WHERE** do you find the venue? At the **National Construction College (CITB) Football Ground, Bircham Newton, Kings Lynn, PE31 6RH** (for those of you with sat-nav!). **Car parking is free**, please just follow the instructions of the marshals.

**WHEN** that beautiful, sunny **Sunday 24th June** comes around, and you are looking for a lovely day out, join us from about **9.30am to enter the classes**. Rise and shine early as the **judging will begin at 11am**.

Stalls are available at this event but must be pre-booked. The organizers also ask that we keep the venue clean and tidy by clearing up after your dog. Dog bags are available at the entry table in case you forget yours!!

An event like this takes a great deal of hard work and organization, so a huge thanks goes to **Sheila Bull**, who with her family and supporters, have been working to secure the venue, judges, sponsors and rosettes etc.

**For further information on the event or booking a stall, contact Sheila on 01485 578380 or email her at sheila-hill@hotmail.co.uk.**

**Schedules are available at many locations including both surgeries.**

Article by G. Cuthell