



Health experts urge outdoor workers to “Cover Up, Mate” to reduce risk of skin cancer

Health experts are urging men in the South East who spend a lot of time outdoors to protect themselves against the sun and reduce the risk of skin cancer.

Skin cancer rates are higher than average and rising in the South East, and the NHS “Cover Up, Mate” campaign will target men who work in agriculture and construction, gardeners and sports-players – who often don’t use suncream.

The warning comes as new data suggests the danger is not confined to the height of summer, following good weather in April and May which could have damaged winter-pale skin.

Average ultraviolet (UV) radiation levels at the South East’s solar monitoring station in Oxfordshire were 40

per cent higher than the ten year monthly average in April this year, and 15 per cent higher in May.

Dr James Thallon, Medical Director, NHS England south east, said: *“You can’t feel UV radiation, so it’s very easy to get sunburnt in the UK, even when it’s not particularly warm. But sunburn causes skin cancer so it’s important people take more care, especially men and those who work outside. They need to use at least factor 15 sunscreen with good UV-A protection and apply it generously on all exposed skin.”*

#CoverUpMate

Stay Safe in the Sun

- spend time in the shade if you can
- make sure you never burn
- cover up with suitable clothing and sunglasses
- use at least factor 15 sunscreen



Getting involved in the future of health and social care

More than 70 people took part in a listening event in Canterbury to help further develop plans to improve health and care in east Kent.

The event focussed on the work being undertaken to improve the range and quality of NHS services available in local communities and GP practices.

It was part of an ongoing conversation between local NHS and social care organisations and the public about how to achieve the best possible health and care system for the future.

Topics included how services will be distributed and provided differently in the future, with more care being provided by GP practices and local teams of health and care professionals.

People also had the chance to raise any concerns they have so they can be taken into account in planning for the future.

Dr Simon Dunn, Clinical Chair for NHS Canterbury and Coastal Clinical Commissioning Group, said: "I believe passionately in the NHS. I've been a GP for 25 years and in that time I have seen huge changes in what we can do for patients.

"But the infrastructure of the NHS doesn't make it easy for us to deliver the joined-up, seamless care that people need. And in many cases we ask people to travel to hospital for outpatient appointments which could be delivered by a specialist nurse or GP in a local clinic.

"We need to change the way we do things to sustain the NHS and



make sure people can get the care they need as demand rises, year on year. We are asking local people to give their support and backing for change which will see services moving out of hospital to local communities, and each of the three east Kent hospitals having its own special role. We face challenges over the next few years that need to be addressed - doing nothing is not an option."

Get involved

 www.kentandmedway.nhs.uk
 km.stp@nhs.net

TEMPORARY CHANGES AT KENT AND CANTERBURY HOSPITAL

Temporary changes have been made to some services at Kent and Canterbury Hospital (K&C).

If you have a planned operation or appointment at K&C, these changes will not affect you and you will be seen and treated as usual.

The changes mean that people who require emergency medical care for conditions like heart attack, stroke and pneumonia will be taken directly by ambulance to the hospitals in Margate or Ashford, whichever is closer, for initial assessment and if

they need to be admitted, patients will continue to be treated at these hospitals while they are unwell.

Once local patients are well enough, if they need to remain in hospital to continue their recovery and rehabilitation, they will be able to move to the K&C to be closer to home.

The Hospitals Trust needs to make these changes because Health Education England – the organisation that oversees the quality of junior doctor training in hospitals – has



asked it to move some junior doctors from the K&C to its other two hospitals at Ashford and Margate.

This is because there are not enough permanent consultants at the K&C to give these junior doctors adequate training and supervision.

This means it has had to make some temporary changes to how it provides some services at K&C, because it would not be safe to run these services without these junior doctors.

The hospital's minor injuries and illnesses service is still open 24/7.



New mental health and eating disorders services

Coming soon in east Kent

From 1 September 2017, people of any age in Kent with an eating disorder, and children and young people who need specialist mental healthcare, will get more joined-up services.

This is because contracts for a new all-age eating disorders service and an innovative children and young people's mental health service in Kent have been awarded to the same organisation: NHS trust NELFT.

Currently, different trusts provide different aspects of the service, and there is no separate specialist service for people with eating disorders: it is part of wider mental health services.

Although the contracts were awarded

separately, NELFT won both of them after being judged best for quality and value for money by each of the teams involved, who included GPs and mental health specialists. All the Kent services provided by NELFT will be based locally.

Children, young people and families with experience of mental health problems, and teenagers and adults with experience of eating disorders played a key role in the process, including setting out what they expect from the new service.

Dr Navin Kumta, CCG clinical chair, said: "This innovative, joined-up, comprehensive service will make a real difference to our children

and young people, improving care and their chances of making a full recovery.

"The new eating disorders service will reduce the number of people who need long-term support, cutting waiting lists and improving patient experience. We are grateful to all those who worked with us to help develop the new requirements for the service."

Dr Navin Kumta
CCG clinical chair





OUTSTANDING GP PRACTICES

There are now four GP practices in the CCG area which have been rated as outstanding by the CQC.

Kingsnorth Medical Practice, New Hayesbank Surgery, Hamstreet Surgery and Wye Surgery have all had the highest rating for patient care following inspections.

Simon Perks, Accountable Officer for NHS Ashford Clinical Commissioning Group which commissions GP services in the Ashford area, said:

"This is a tremendous success for all the hard working staff at these practices who are making sure patients have access to a high-quality, safe and effective service."

"GP practices play a vital role in helping to deliver more care closer to people's homes. By managing care better earlier on, less people will need to go to a big hospital for treatment."



Simon Perks
Accountable Officer

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Have Health Help Now to hand this summer

With school finished for the summer, the NHS is encouraging families to make sure they know how to use the free Health Help Now web app.

Download the free app or visit
www.healthhelpnow.nhs.uk

