



## Sun Safety

Sunshine season is upon us, whether you are on holiday abroad or catching a rare hot UK day, awareness of sun protection is important. Too much UV radiation damages skin cells and it's important to protect yourself even when it looks cloudy or windy outside.

Make sure that sunscreen has at least SPF 30, use it generously and ensure you reapply regularly.

Spend time in the shade where possible to get a break from the heat.

Protective sunglasses can help protect from UV rays - Dark lenses don't always protect your eyes - Make sure they have the CE mark.

Wear clothing to help protect your skin - loose fitting long sleeved clothes (preferably with a close weave) and wide brimmed hats help.

**And just as importantly don't forget to hydrate!!!**

## Hay Fever Help

There are 3 different types of pollen which can affect people - Tree, Grass and Weed.

Peoples reaction to these pollens vary but can have a profound impact on your day to day life.

You can help symptoms by avoiding alcohol, smoking, gardening and spicy meals.

You can also help by showering and washing clothes often to wash off the pollen, keep windows and doors closed where possible and even try petroleum jelly around your nostrils to trap pollen.

You can get support and treatments from your local pharmacy - just walk in and ask for a consultation to discuss your symptoms and available remedies. There are numerous antihistamines, drops, tablets and nasal sprays so it is always a good idea to get some advice first.

There are also numerous pollen count trackers on the internet to help you plan your days such as the **Kleenex Pollen Pal** which will provide information on your postcode.

You can [use this link](#) to find your closest pharmacy service.

## Practice Statistics—April 2026

**7,902** registered patients    **48** Newly Registered Patients  
**141** missed appointments    **3,727** medications dispensed  
**218** referrals made    **2,225** Patient requests received  
**32.2%** of patients still do not use online services!

## Let's Recognise and Support

June 8th—14th is Carers Week.

The support families and friends provide each other makes a lasting difference to lives. Often a person does not see themselves as a carer because helping those you care about just comes naturally.

However there is an increasing number of informal carers in our community and it's important that they are recognised and in turn are aware of the support services and help available to them.

**Lincolnshire Carers Service** offers support to our community heroes who are helping each other every day.

**H.A.Y Lincolnshire** has a directory of support and activity groups available locally.

**Carers First** offers support, help and advice when you need it most.

For more information on carer support please talk to a member of our care navigation team in reception.

## Nursing Team Update

Emma, one of our practice nurses, is now on maternity leave - Congratulations on her new baby boy!



**Welcome to the RMP family....**

Kate, a practice nurse who is supporting RMP during Emma absence. Kate's working career has been in nursing with many years experience of being a practice nurse in Lincolnshire.

Bernie is our new Trainee Nurse Associate. Berny will be training with us in practice with days at University whilst she qualifies.

Kathryn is still with us, but you will see a little less of her for a while as she has started her nursing qualification. Katheryn was already working for us as a Nurse Associate and is now taking the next step in her career—Good luck!

## Health, Wellbeing & Support Staff

From 10:00 to 12:00 on the second Thursday of the month our Health & Wellbeing Coach - Lauren and our Social Prescribing Link Worker - Stephen will be in the waiting room to answer any questions or just to meet and get to know our patients - why not pop in to see them and get to know your Wellbeing Support!



# What's Local



## SKETCHBOOK CLUB—£5

Introduction to art sessions. Creative sharing in a supportive environment.

Tuesday 18.30—20.30

Thursday 11.00—13.00

Art shop & studio—Navigation wharf, Carre Street, Sleaford.

Tel: 07432 890 665 E: ruth@ruthburrows.com

## Happy Pluckers Ukelele Group.

Wednesdays at Ruskington Methodist Church at 10:00



## Ruskington Village Hall

Ruskington Rascals Preschool. Mon-Fri starting at 08:15

Short Mat Bowls - Mondays & Thursdays 14:00 - 16:00

Not Just Country Dancing. Beginners = Mon @ 18:00 & Fri @ 18:30. Improver = Mon @ 20:30 & Fri @ 19:45

Model Railway Club - Wednesdays 19:00 - 22:00.

Bingo - Thursdays 18:00 - 22:00

Contact details available for all clubs on their Facebook Page.

## MEADOW

Access to a plethora of wellbeing resources & helpful signposting.

Information, activities, socialising within a tranquil and nurturing environment.

SLC, 19 Westgate, Ruskington.

Mondays 16:00—20:00

Thursdays 10:00—14:00

## SLEAFORD U3A

Groups and activities to suit all interests in and around the Sleaford area.

£12 annual membership with minimal activity contribution costs.

To join visit their website for an application form [www.u3asites.org.uk/sleaford/page/58187](http://www.u3asites.org.uk/sleaford/page/58187)

Or call 07933 990 656

## North Kesteven Seniors (over 60's)

Meet every 1st Wednesday of the month 10:00 - 12:00 at Sleaford Town Hall

T: 01529 410686 (Sylvia)

## SLEAFORD V'S ARTHRITIS

4th Wednesday of each month. St Deny's Church Hall 13:30 - 15:30

Sarah: 01529 304150

## Pop - Up Community Café

Every Monday & Thursday 10:30—13:30 The Lounge @ Eslaforde Gardens. NG34 7JE.

**All Welcome!**

## Ruskington & Area Veterans Club

3rd Saturday of each month at The Red Lion, High Street, Ruskington- 10:00am

## Connect to Support Lincolnshire



**Find activities and support locally**



## Digital Hub

Every Thursday (term Time only) - Help to improve your IT skills. 10:30 - 12:00 at Ruskington Methodist Church.

## Connecting Well

Wednesdays 09:30 - 12:00 Riverside centre

## Scrabble Club

1st Thursday of the month 19:00 @ Winchelsea Centre

## Sleaford Dementia Café

The Source, Southgate

## Warm Spaces

Ruskington Methodist Church.

Fridays 10:30 - 14:00

Term Time.

**Free refreshments and activities**

