

# Caring Together

Whitby & District

Fancy a social morning of a cuppa, conversation, memories and a bacon buttie? Caring Together host a monthly Farmers Breakfast at Lythe Village Hall.

Wednesday May 4th

Edward Harrison—the eclectic Harrison collection amassed by the Harrison brothers over their lifetimes of living in North Yorkshire

If you fancy getting out and joining in but need some help with mobility or transport issues, please contact Isabelle Harrison through the 'Caring Together' office on 01947 605757



invite you to join them every month...

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## Are you looking after someone, and could they manage without you?

Carers provide support to people who need help with day-to-day living who may be suffering from an illness, frailty, disability, mental health or substance misuse issues.

### Help is available for you

At Staithes Surgery, we are committed to supporting our patients who are carers. Speak to a member of our team to identify yourself as a carer and to find out more about the support available to you.

### Practice Champion

We have introduced a practice champion who is the focal point for all carer matters. Should you have any questions or would like to have a confidential discussion please speak to Jo Sutherland, Carers Champion on 01947 84040



WHITBY, COAST & MOORS  
PRIMARY CARE NETWORK

May 2022

# Monthly Newsletter



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## Carer's Social event - Wednesday 8th June

Staithes Surgery along with the patient participation group have organised a Carer's information and social event as part of National Carers Week which will be held at Staithes club. This day will be attended by many different support charities, representatives from the surgery, the social prescribers as well as have activities in which you should find beneficial and refreshments will be provided  
More information will be coming soon!

## Sun Awareness - we are all looking forward to the nice

### weather.. Here is how to stay safe in the sun

Skin cancer is the most common form of cancer in the UK and rates continue to rise. At least 100,000 new cases are now diagnosed each year, and the disease kills over 2,500 people each year in the UK - that's seven people every day.

Ultraviolet (UV) radiation from the sun can cause damage to the skin and lead to skin cancer. In fact, UV exposure is the main preventable cause of skin cancer. Experiencing severe sunburn, particularly in childhood, increases the risk of developing skin cancer in later life, so it's very important to protect yourself and your family from the sun.

### Clothing and a hat



Cover as much of the skin as is possible, paying special attention to the shoulders which burn easily. Consider t-shirts and hats even when in the water, especially for children and those who burn easily. A hat with a wide brim is best, as it will shade the head, face, ears and neck. Baseball caps do not shade the ears or neck, and so are not as effective.

### Sunglasses

UV radiation can also damage the eyes, and so sunglasses with good quality lenses that filter out the UV are essential. Those with an EU CE Mark are proven to offer safe protection. Styles that wrap around, and so do not allow sun in at the sides are better.

### SPF 30+ Sunscreen

No sunscreen provides absolute protection, so it should be used with the other lines of defence, and not alone. Generously apply sunscreen with SPF30 or more to all areas of skin exposed to the sun. A waterproof sunscreen is better, even if you are not swimming, as it protects you better if you sweat. Apply the sunscreen 20-30 minutes before going outside, and at least every 2 hours. If you swim or sweat a lot, use it more often. Remember using a towel or lying back on a fabric sunbed can rub the sunscreen off.

SPF stands for 'Sun Protection Factor' and refers to the level of protection against UVB radiation, linked to skin cancer. Look for a 4 or ideally 5 star UVA rating on the bottle which will help protect from UVA radiation, associated with skin ageing.

Don't forget to protect your lips - using a SPF30+ lip balm.

### Shade



Keeping cool in the shade is a good way of protecting yourself from the sun, especially if you are very fair skinned. Just 10 minutes of strong sunshine is all it takes to burn pale skin. Find some shade whenever possible, but especially in the middle of the day, between 11am and 3pm, when the sun is at its strongest. Always keep babies and toddlers in the shade if you can. REMEMBER - IF IN DOUBT, CHECK IT OUT!

Most skin cancers can be cured if detected early. About once a month, check your skin for moles or marks that are changing or new. This is especially important if you are at increased risk of skin cancer. Tell your doctor about any changes to a mole or patch of skin, or a new mole or mark on adult skin.



Registered Charity No. 313865

## Bladder cancer facts



### Worldwide

Bladder cancer is the

**10th** most common cancer<sup>1</sup>

It is the leading cancer-related cause of death<sup>1</sup> **13th**

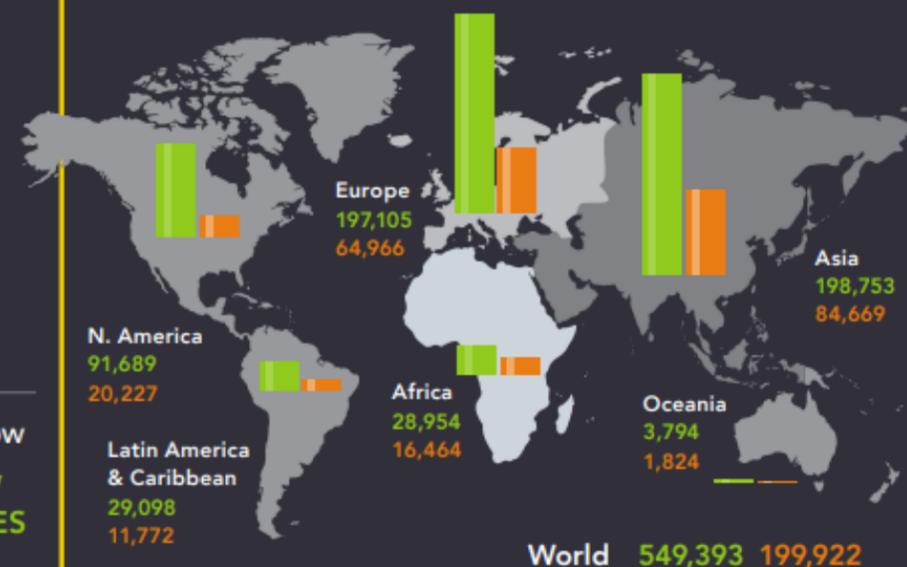
The latest figures show

**549,393** NEW CASES diagnosed and

**199,922** DEATHS in 2018 alone<sup>1</sup>

More than **60%** of cases and **50%** of all deaths occur in less developed countries<sup>2</sup>

NEW CASES IN 2018<sup>1</sup>  
DEATHS IN 2018<sup>1</sup>



### Main symptoms



### REFERENCES:

1. International Agency for Research on Cancer. (IARC). 2018. Bladder. Online. 2. Antoni S, Ferlay J, Soerjomataram I, et al. 2017. Bladder Cancer Incidence and Mortality: A Global Overview and Recent Trends. European Urology 71(1): 96-108. 3. Mayo Clinic. 2019. Bladder cancer. Available from: <https://www.mayoclinic.org/diseases-conditions/bladder-cancer/symptoms-causes/syc-20356104> 4. Fight Bladder Cancer. 2020. Symptoms.

### Main causes



It is not always clear what causes bladder cancer, and some people can be diagnosed without having had exposure to any of the listed causes.