



ASHVILLE



SURGERY

NHS

Newsletter

Issue 22

JUNE 2026

Samaritans Awareness Day 24/7 / #TalkToUs, 24th July

Samaritans is a charity that prevents suicide through the power of human connection. They connect people in crisis with trained volunteers who will always listen, and they connect people calling for change with those who need to listen.

They answer a call for help every ten seconds. Samaritans Awareness Day takes place on the 24th of July to highlight the fact that Samaritans are available to listen 24/7. It is a day to help raise awareness and funds to prevent suicide today, because tomorrow could be too late. There are lots of fundraising ideas and resources on their [website](#), or you can visit their [volunteering](#) page.

UV Safety Month, 1st–31st July

July is UV Safety Month, which highlights the dangers of ultraviolet (UV) radiation, the importance of protecting yourself from UV rays and how you can stay safe in the sun. Sunshine helps our bodies to make vitamin D, and while this is very important, the benefits of getting some sun must be balanced with the need to protect yourself from over-exposure. There is no such thing as a healthy, safe way to tan, and a tan does not protect you from UV rays.

The risks of excessive UV exposure include:

- Sunburn
- Premature ageing (such as wrinkles and age spots)
- Increased risk of skin cancer
- Eye damage (increasing the risk of cataracts and other eye conditions)



90% of UV rays can pass through cloud cover, so even when it is cloudy, windy and cool, you can still burn. In the UK, the sun is strongest from March to October, particularly between 11am and 3pm, so you should avoid direct sunlight between these times. Ways to protect yourself include:

- Staying in the shade of trees, buildings or parasols
- Covering up legs and arms with long sleeves and trousers or long skirts
- Wearing UV-protective sunglasses and a wide-brimmed hat
- Applying a minimum SPF30 sun cream regularly to all exposed skin

Visit <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/> to find out more about the dangers of UV light, and how to stay safe this summer.

South Asian Heritage Month, 1st–31st July

South Asia is a region of extraordinary diversity: eight countries, hundreds of languages, multiple faiths, and millennia of shared and distinct histories. South Asian culture has made a profound impact on British life through food, clothing, music, language, enterprise and community, contributing to the richness and diversity of our nation in ways that deserve dedicated recognition.



South Asian Heritage Month is observed annually across the UK in workplaces, schools, cultural institutions and communities. It is a national moment for learning, reflecting on and celebrating South Asian contributions to British life. This year’s theme is ‘Unity in Diversity’, and it aims to shine a light on the extraordinary breadth and richness of South Asian communities in the UK and worldwide.

[Find out more](#), including information about events near you, and toolkits to help you get involved.

Blueberry and banana smoothie recipe

Make a delicious smoothie with fresh or frozen blueberries blended with bananas and semi-skimmed milk.

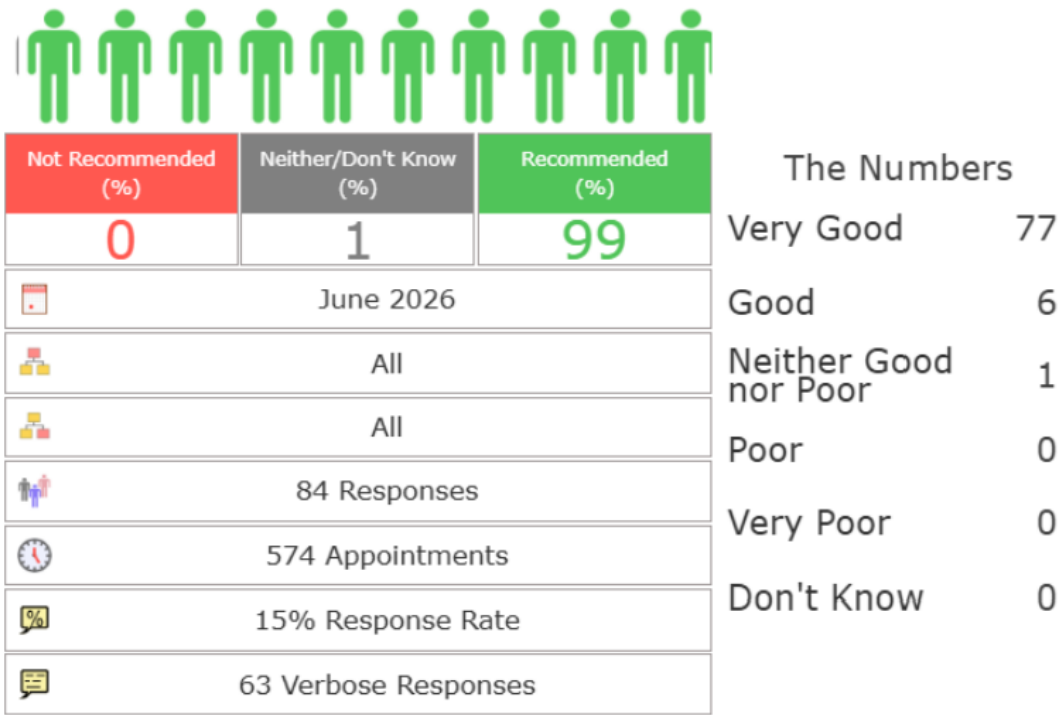
Prep: 5 mins

Serves 4

For recipe and dietary information, click [here](#).



Snapshot of recent *Friends & Family* Feedback, JUNE 2026. Click [here](#) for all results.



Are you aware that the practice has a **Patient Participation Group**? We are looking for people of any age, gender or background to discuss any changes or ideas you may have for the surgery. If you would like to join, email: ashville.surgery@nhs.net

For more info, and to see minutes from previous meetings, click [here](#).