



## SUMMER NEWSLETTER 2021

*Welcome to our summer 2021 Newsletter. We have included some news about what is happening in the NHS over the next few months, including some ideas on how to stay healthy.*

### **CORONAVIRUS (COVID-19) UPDATE**

Coronavirus remains a serious health risk. It's important to stay cautious and help protect yourself and others. If you think you might have COVID-19 SYMPTOMS take a PCR test. The Gov.UK website has information how to stay safe and help prevent the spread.

As most legal restrictions to control COVID-19 have been lifted at step 4, we are still asking all staff and patients to wear a face covering.

### **GET RUNNING WITH COUCH TO 5K IN JUST 9 WEEKS**

Couch to 5K is for everyone. Whether you've never run before or if you just want to get more active, Couch to 5K is a free and easy way of getting fitter and healthier. Visit the NHS website for further information

### **CYCLE TO WORK DAY - THURSDAY 5 AUGUST**

Take Part in the UK's biggest cycle commuting event. Cycle to Work Day is for absolutely everyone. It doesn't matter if you haven't cycled in years or have never cycled at all. This is just about giving it a go. You can sign up with Facebook, Strava or simply by entering your details, and then connect a smartphone app so you can log their rides. Take a look at the Cycle to Work website for further information.

### **NATIONAL EYE HEALTH WEEK – YOUR VISION MATTERS – 20 TO 26 SEPTEMBER**

Sight is the sense people fear losing the most, yet many of us don't know how to look after our eyes. National Eye Health Week aims to change all that! A sight test can detect early signs of conditions such as diabetes or high blood pressure. For healthy eyes, eat well, don't smoke and wear eye protection in bright sunshine. Further information and how to sign up for newsletters can be found at the Vision Matters website.

WE HOPE YOU ENJOY COMPLETING THE WORD SEARCH BELOW

SUMMER

K	E	L	C	Y	C	J	W	V	G
K	E	E	P	S	A	F	E	I	N
P	S	E	Z	O	Q	Y	G	S	I
W	G	Y	P	U	E	I	R	I	T
M	A	Q	R	W	I	O	S	O	U
V	Z	M	A	E	E	I	W	N	M
Q	J	G	I	F	G	L	C	Q	M
J	Q	S	J	H	F	R	L	P	O
W	Z	Z	T	Z	M	P	U	M	C
S	U	M	M	E	R	C	W	S	Y

COMMUTING  
KEEPSAFE  
SUMMER

CYCLE  
KEEPWELL  
SURGERY

EYE  
SIGHT  
VISION