



Join the Big Catch-up to protect children with vital vaccinations: The recent World Immunisation Week, helped to remind parents and carers to bring their children forward for vital pre-school vaccines. Ensuring children receive all their immunisations at the right time plays a crucial role in keeping them safe.

The World Health Organisation leads on the annual event to highlight the role of vaccines to protect

people against disease. The theme of this year's awareness event is 'The Big Catch-up'. It encourages us all to take action to help ensure children who missed out on vaccines during the pandemic get the protection they need.

Immunisations can save a child's life - they are the most effective way of preventing infectious diseases. In the UK, the routine childhood immunisation programme is designed to provide early protection against vaccine-preventable infections from eight weeks of age, with boosters offered at 12 months and before starting primary school. You can find the [full schedule for childhood vaccinations on the NHS website](#).

The [NHS website](#) also has lots of extra information explaining why vaccination is safe and important. On it is a video answering some of the frequently asked questions from parents about childhood immunisations.

Play your part following World Immunisation Week by encouraging parents and carers to contact their GP if their child has missed any vaccinations. Visit the NHS website for [more information about the NHS vaccination schedule](#)



Sunscreen and Sun Safety: Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy. There is no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects. Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

Sun safety tips: Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 30 sunscreen

What factor sunscreen (SPF) should I use?: Do not rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun is at its hottest. When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 30 to protect against UVB
- at least 4-star UVA protection

How to apply sunscreen: Most people do not apply enough sunscreen. As a guide, adults should aim to apply around 6 to 8 teaspoons of sunscreen if you're covering your entire body. If sunscreen is applied too thinly, the amount of protection it gives is reduced. If you're worried you might not be applying enough SPF30, you could use a sunscreen with a higher SPF.



If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied twice:

1. 30 minutes before going out
2. just before going out

Sunscreen should be applied to all exposed skin, including the face, neck and ears, and head if you have thinning or no hair, but a wide-brimmed hat is better. Sunscreen needs to be reapplied liberally and frequently, and according to the manufacturer's instructions. This includes applying it straight after you have been in water, even if it's "water resistant", and after towel drying, sweating or when it may have rubbed off. It is also recommended to reapply sunscreen every 2 hours, as the sun can dry it off your skin.



New animations to support children and young people with long COVID: A [series of new animations](#) has now been added to the [NHS Your COVID Recovery website](#) aimed at supporting children and young people aged 12 and above who are experiencing ongoing symptoms. The site provides information and support on the symptoms of COVID-19, To help people to understand the condition. On it is also advice on managing recovery, with guidance on where to find further information and support. Developed with clinicians and young people with lived experience, the animations cover a range of topics including managing emotions and feelings, eating well, sleep and returning to education.



Talking Newspaper: Did you know that there is a local Talking Newspaper available for those who, for whatever reason, are not able to read a newspaper? Most listeners are visually impaired but the service can also be provided to those who have Parkinson's, stroke problems etc. Each week listeners receive a recording with local news taken mainly from the

Bishop's Stortford Independent, which covers Sawbridgeworth. Everything is free including postage and the supply of a USB memory stick player. You can access more information about the Bishop's Stortford & District Talking Newspaper at: <http://www.bstalkingnewspaper.co.uk> You can listen to recordings there as well. For further information you can contact Verina Pettigrew on 01279 722365 or Richard Barnett on 01279 651270



From Dawn to Dusk: 7 daily tools for people with Parkinson's Disease:

1. Getting ready to start the day:

Magnetic fasteners

Parkinson's symptoms such as [tremor](#) and dyskinesia can make getting dressed in the mornings more challenging. Utilising magnetic buttons could help to speed up this process – and eliminate some of the hassle.

2. Morning wake-me-up:

Two-handed mug: Built to make drinking easier and to keep spills to a minimum, dual-handed mugs often have large handles designed to support a tighter grip – and a weighted base that can help with hand tremor.

3. Going about your day:

Portable voice amplifier: Parkinson's can impact [speech](#) in various ways. For those struggling to make themselves heard, a portable voice amplifying device can help to increase speaking volume and improve understanding.

4. Coming home:

Key turners: Have you ever struggled with small, fiddly keys? Key turners, which are ideal for people who experience challenges with dexterity, can make keys easier to hold and rotate – reducing the effort needed to return home after a long day.

5. Tucking into a meal:

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Insulated dishes: Keep your dinner plate stable and your food hot with insulated dishes. Maintaining a meal's ideal temperature can enable people with the condition to take their time eating, without worrying about their food getting cold.

6. Winding down:

Toe stretchers: Designed to soothe the entire foot, toe stretchers may benefit people who experience cramping. The tool works to relax the muscles and improve circulation – giving 'putting your feet up at the end of the day' a whole new meaning.

7. Heading off to bed:

Night light: If you're prone to waking up in the night, consider installing a night light. Using a softer glow to illuminate the path to the bathroom may help to improve your sleep overall – and ensure you get the rest you need before a new day.

For more information about any of these aids, visit: [Domestic tools for people with Parkinson's disease | Resources & Tools | Parkinson's Life \(parkinsonslife.eu\)](#)