



Horndean Surgery PPG Newsletter - Spring/Summer 2026

Welcome to the **Spring/Summer 2026** edition of the **Horndean Surgery PPG Newsletter**, an important update from CQC on our Practice plus as the warmer weather is finally coming and our thoughts turn to all things warm and sunny a few reminders for you!

Following a robust inspection from the Care Quality Commission (CQC) who are the independent regulators of health and social care, our Surgery has been awarded an inspection rating of **GOOD** which is a fantastic achievement for all of the team.

In the report the Surgery was commended for the shared vision of the leadership team and staff, and for the culture based on listening, learning and trust. Care was based on the latest evidence and good practice, and people were treated with kindness and compassion. Surgery staff ensure patients are treated with privacy and dignity, treated as individuals and given choice in their care and treatment.

“Well done” to all the Staff at the Horndean Surgery for delivering such a great service!

You can access the full report from the CQC website:
<https://www.cqc.org.uk>



Are you a Veteran?

Please make sure the Practice is aware if you are a Veteran, or a family member of a Veteran.

This is important as Horndean Surgery are accredited as a Veteran Friendly Practice and work hard to ensure that Veterans get the services they need.

There are links to helpful groups and resources on the surgery website.

Any Veterans living with or caring for someone with a serious or life limiting illness can access a support service at Rowans Hospice including a weekly social group and Veteran Companion buddy service.

To access this service email lwc@rowanshospice.co.uk or call 023 9224 8011



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Did you know that skin cancer is the fastest rising cancer in the UK?

Sunburn increases your risk of skin cancer; you can burn in the UK - even when it's cloudy!

The NHS has lots of advice on how to enjoy the sun safely:

- ⊗ Spend time in the shade between 11-3
- ⊗ Make sure you do not burn!
- ⊗ Cover up with suitable clothing and sunglasses
- ⊗ Take extra care with children
- ⊗ Use at least factor 30 sunscreen
- ⊗ Re-apply regularly

Check your skin regularly, remember the **A,B,C,D,E** rule of skin lesions and report any changes or concerns to your GP.

- A**symmetry - Melanoma moles are generally asymmetrical
- B**order - Cancerous moles usually have irregular, hard to define borders
- C**olour - Moles made up of more than one colour may be cancerous
- D**iameter - Melanoma lesions are often larger than 6mm in diameter
- E**volution - See your GP if your mole has changed in size or colour



How to enjoy the sun safely



Seek shade

Take a break under trees or umbrellas, especially in the middle of the day when the sun is strongest.



Cover up

Wear a top that covers your shoulders, a wide-brimmed hat and UV-protection sunglasses.



Apply sunscreen

Pick one with at least SPF 30 and 4 or 5 stars. Use it generously and regularly.



Together we are beating cancer



Planning a holiday? Remember to check if you need travel vaccinations for your holiday destination. Book an appointment with the practice nurse at least 6-8 weeks before your travel date and remember some vaccinations will need to be pre-ordered and may not be included within the usual NHS prescription charges so will incur additional cost. Some vaccinations may need more than one dose and will need to be completed at least 2 weeks before your travel date. *Check* your holiday destination on the **Fit For Travel** NHS website www.fitfortravel.nhs.uk

Would you like to be part of the patient voice at Horndean Surgery? The Patient Participation Group (PPG) are looking for new members to join the PPG Committee, if you would like to know more, please email Chairmen@PPG.NHS.Net for more information.