

KENTON CLINIC

Your Complete Guide to Healthcare

August 2026 Newsletter

Welcome to Kenton Clinic

Welcome to the August edition of the Kenton Clinic Newsletter.

At Kenton Clinic, we are committed to providing high-quality healthcare that is accessible, convenient and patient-centred. This newsletter keeps you informed about our services, important health updates and ways to make the most of your NHS care.

☀️ Sunscreen and Sun Safety

Advice for adults and children on sunscreen and sun safety in the UK and abroad.

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday — you can burn in the UK, even when it is cloudy.

There is no safe or healthy way to get a tan. A tan does not protect your skin from the harmful effects of the sun.

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 generally between **11am and 3pm from March to October**.

You can also check the UV index on a weather app or website. If it is **3 or higher**, consider protecting your skin.

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.
- Keep babies under 6 months out of direct sunlight.
- Use at least **SPF 30 sunscreen**, making sure to apply enough and reapply frequently.

Children and Sun Protection

Take extra care to protect babies and children. Their skin is much more sensitive than adult skin, and damage caused by repeated exposure to sunlight could lead to skin cancer developing later in life.

Children aged under 6 months should be kept out of direct strong sunlight.

From March to October in the UK, children should:

- Cover up with suitable clothing.
- Spend time in the shade, particularly from 11am to 3pm.
- Wear at least **SPF 30 sunscreen**.

Apply sunscreen to areas not protected by clothing, such as the face, ears, feet and backs of hands.

Protect Your Eyes in the Sun

A day at the beach without proper eye protection can cause a temporary but painful burn to the surface of the eye, similar to sunburn.

Reflected sunlight from snow, sand, concrete and water, and artificial light from sunbeds, can be particularly dangerous.

Avoid looking directly at the sun, as this can cause permanent eye damage.

Clothing and Sunglasses

Wear clothes and sunglasses that provide sun protection, such as:

- A wide-brimmed hat that shades the face, neck and ears.
- A long-sleeved top.
- Trousers or long skirts made from close-weave fabrics that do not allow sunlight through.
- Sunglasses with wraparound lenses or wide arms, carrying appropriate safety markings.

How to Deal with Sunburn

If you get sunburn:

- Sponge sore skin with cool water or have a cool bath or shower.
- Apply soothing aftersun cream or spray, such as aloe vera.
- Painkillers such as paracetamol or ibuprofen can help ease pain and inflammation.
- Stay out of the sun until all signs of redness have gone.

Who Should Take Extra Care in the Sun?

You should take extra care in the sun if you:

- Have pale, white or light brown skin.
- Have freckles or red or fair hair.
- Have light-coloured eyes.
- Tend to burn rather than tan.
- Have many moles.
- Have skin problems relating to a medical condition.
- Are only exposed to intense sun occasionally, for example while on holiday.
- Are in a hot country where the sun is particularly intense.
- Have a family history of skin cancer.

People who spend a lot of time in the sun, whether for work or play, are at increased risk of skin cancer if they do not take the right precautions.

People with naturally brown or black skin are less likely to get skin cancer because darker skin provides some protection against UV rays. However, people of all skin tones can get skin cancer, so everyone should avoid burning and take appropriate care in the sun.

Digital Access to Healthcare

Did you know you can manage your healthcare online?

You can:

- ✓ Order repeat prescriptions
- ✓ Book and manage appointments
- ✓ View test results
- ✓ Access your medical records
- ✓ Track your prescriptions

To register, please visit reception with a valid photo ID.

NHS App

Manage your healthcare anytime, anywhere.

Using the NHS App, you can:

- Order repeat prescriptions.
- View your GP health record.
- Receive appointment reminders.
- Read messages from the surgery.
- Find NHS services.

The NHS App is available **24 hours a day, 7 days a week** and is free to download.

Need Help Using Digital Services?

Suparshwa is available **Monday to Friday afternoons** to help patients use:

- PATCHS
- NHS App
- Patient Access

Please speak to reception if you would like assistance.

Emergency & Urgent Care

[Call 999](#)

For life-threatening emergencies, call **999** or attend your nearest Accident & Emergency (A&E) department.

[Contact NHS 111](#)

For urgent medical advice that is not life-threatening, contact **NHS 111**, available 24 hours a day.

Our Services

We provide:

- Long-term condition management
 - Mental health support
 - Pharmacy First services
 - Self-referral services, including:
 - Physiotherapy
 - Mental health support
 - Drug and alcohol services
-

Appointments

Telephone: 020 8204 2255 — Option 1

We can help you:

- Book appointments.
 - Change or cancel appointments.
 - Request same-day appointments.
 - Arrange home visits where clinically appropriate.
-

Supporting Your Needs

We offer:

- Face-to-face appointments
- Telephone appointments
- Translation and interpreting services
- Home visits where clinically appropriate

Please let us know if you have any communication or accessibility needs.

Respect Policy

Kenton Clinic operates a **Zero Tolerance Policy** towards abusive, aggressive or threatening behaviour.

Treating our staff and fellow patients with kindness and respect helps us provide the highest standard of care for everyone.

Contact Us

[Kenton Clinic](#)

Telephone: 020 8204 2255

Please visit our website or speak to reception for the latest information about our services.

Stay Safe • Stay Healthy • We're Here for You