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Skin Cancer Awareness Month

1st to 31st May 2026



What is melanoma skin cancer?

Melanoma skin cancer starts in the skin cells called melanocytes. You can get it anywhere on your skin including in a mole, on your palms, the soles of your feet and under your nails.

Symptoms of melanoma skin cancer

Symptoms include changes to a mole, freckle, or normal patch of skin. Doctors use a checklist of signs to look out for. But it helps to know what your skin normally looks like.

Risks and causes of melanoma skin cancer.

The risk of developing melanoma skin cancer depends on many things including how much ultraviolet radiation you get from the sun and your skin type.

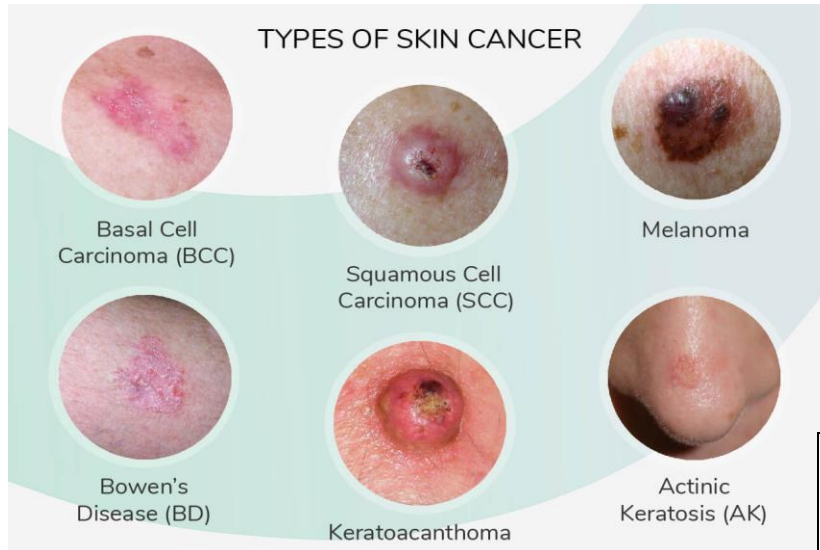
Treatment for melanoma skin cancer

Treatments include surgery, cancer drugs and sometimes radiotherapy. Which ones you have depends on the melanoma stage, where on your body it is and your general health.



Skin Cancer Pictures by Type

Skin cancer is the most common form of cancer. There are several different types of skin cancer with **Basal Cell Carcinoma, Squamous Cell Carcinoma, Bowen’s Disease, Keratoacanthoma, Actinic keratosis and Melanoma** most commonly occurring.



Practice Update

Referrals

If you have had a consultation and a referral is being actioned, you will be sent a message from us, confirming the referral has been actioned and the contact details of the referring hospital or provider.

You will need to contact them directly for any updates or questions you may have relating to your referral.

Retirement

Tina, a receptionist who has worked for Dorking Medical Practice for 10 years, has made the decision that it was time for her to retire.

Tina is planning on spending quality time with her family and grand children.

Tina was friendly and had a good relationships with many patients, and would often be heard chatting and laughing with patients who came in to the practice.

Tina will be missed by the partners, staff and patients of Dorking Medical Practice.

We wish her well and thank her for the 10 years she has served the practice.

TAKE TO YOUR FEET

National Walking Month
May 2026

Encourages people to walk more throughout May.

JUST 10% OF US WALK TO WORK IN THE UK AND OVER A THIRD DON'T GET ENOUGH PHYSICAL ACTIVITY



SHORT WALKS EVERY DAY HAS THE POTENTIAL TO INCREASE PRODUCTIVITY BY UP TO 30%

WALKING 1 MILE BURNS UP TO 100 CALORIES





We would like to politely remind patients using New House Surgery, that we do not have patient car parking.

We do have a disabled bay, and we appreciate that you may need to drop a patient off and then park the car.

There are car parks located near to the surgery:

South Street (pay and display)

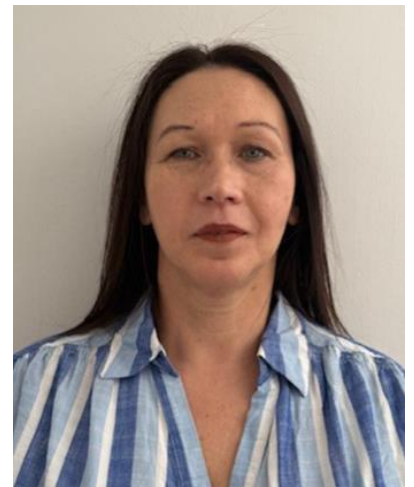
Waitrose (free for 2 hours)

Thank you for your cooperation.

New Staff members



Joy Miller
Patient Services Advisor



Melanie Youles
Patient Services Advisor

Get ready for Spring 2026 COVID-19 booster if eligible

Who can get the spring booster?



The Covid Booster Eligible Groups.

- **Aged 75 or over** (or if you turn 75 by 30 June 2026)
- **Living in a care home** for older adults
- **Aged 6 months or over with a weakened immune system** (for example, due to a health condition or treatment like chemotherapy).

We can start delivering the vaccine from 1st April, we will be inviting eligible patients to book an appointment through the booking link sent to them.

We will be holding clinics at New House, Hillside, and Riverbank Surgeries, our first clinic will be on 14th March.

If you receive an invite and do not wish to have the vaccine, please let us know, so we can note this on your medical records, so we do not send a further invite.

You will also be able to book by calling or visiting the surgery.

We will be offering the booster to our housebound patients in May.