



## Gypsy, Roma and Traveller History Month!

Gypsies, Roma and Travellers are the largest ethnic minority community existing within the European Union with over 12 million people and some 300,000 living in the UK. This wonderful event not only celebrates diversity, but also recognises prejudice and marginalisation.

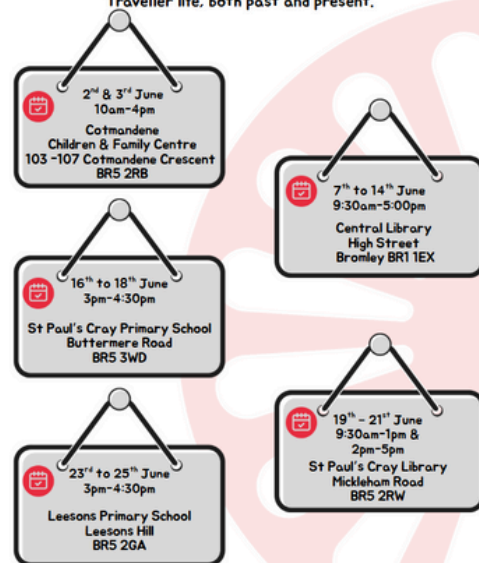
Gypsy, Roma and Traveller History Month started in 2008, however, Gypsy Roma and Traveller people have been in the UK, contributing to our society and way of life for hundreds of years. It is estimated, in fact, that they migrated as early as 1515!

For more information on the traveller community visit:  
<https://www.gypsy-traveller.org/grthm/>



## GYPSY ROMA TRAVELLER EXHIBITION 2025

The exhibition highlights themes, times, and places through archival materials, photos, newspaper clippings, and audio recordings from Romany and Irish Travellers, sharing insights and reflections on Traveller life, both past and present.



## Early cancer Screening in The Crays

The Crays Collaborative PCN faces significant disparities in cancer screening uptake and early cancer diagnosis. Screening rates are substantially lower among black, Asian and minority ethnic (BAME) communities, leading to a decline in early-stage cancer detection.

To address these disparities, the focus must be on increasing breast and bowel cancer screening uptake, as well as PSA testing, particularly among the most deprived and BAME populations.

By collaborating with community groups such as churches, mosques, hosting events at our GP practices and our wellbeing café, we hope to co create culturally sensitive education packages on cancer screening. We aim to reduce barriers to early cancer screening by informing people of early symptoms and checking for these in a timely way.

To raise awareness and encourage early cancer screening, we have held a few patient events such as: Ladies health night and Family health day. We look forward to seeing you at our Men's health night on Tuesday 24<sup>th</sup> June, 5pm-7pm at Temple URC hall, BR5 4AX.

Useful websites for more information on cancer screening:

- <https://www.england.nhs.uk/cancer/early-diagnosis/screening-and-earlier-diagnosis/>
- <https://prostatecanceruk.org/>
- <https://www.bowelcanceruk.org.uk>

**FREE ADMISSION!**

The Crays Collaborative PCN presents

# MEN'S HEALTH NIGHT

Tuesday 24th June 5pm-7pm at Temple URC, BR5 4AX

Join us for refreshments, health education and social fun.  
Topics to be explored: early cancer screening, stress management, physical fitness, BP and health checks.

CONTACT US: [www.thecrayscollaborativepcn.co.uk](http://www.thecrayscollaborativepcn.co.uk)

# UV Safety Month

## 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
- take extra care with children
- use at least factor 30 sunscreen
- Wear suitable clothing and spend time in the shade when the sun's at its hottest.
- Wear sunglasses that provide sun protection such as sunglasses with wraparound lenses or wide arms with the CE Mark and British Standard Mark 12312-1:2013 E



## Who should take extra care in the sun?

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

If you have naturally brown or black skin, despite darker skin having some protection against UV rays, you should still use sunscreen as you can still get sunburn.

You should take extra care in the sun if you:

- have pale, white or light brown skin
- have freckles or red or fair hair
- 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
- If you are on medication that causes photosensitivity (check your medication leaflets)



The sun protection factor, or SPF, is a measure of the amount of ultraviolet B radiation (UVB) protection. SPFs are rated on a scale of 2 to 50+ based on the level of protection they offer, with 50+ offering the strongest form of UVB protection.

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. Make sure the sunscreen is not past its expiry date.

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>



<https://www.facebook.com/profile.php?id=61566748538339#>

<https://www.linkedin.com/company/96929594>

# Meet PCN team members!

## Pharmacy Technicians

Meet Liz and Smita, our Pharmacy technicians, supporting healthcare delivery within The Crays Collaborative PCN. They work closely with general practices, Clinical Pharmacists, and other healthcare professionals. Successful projects undertaken within the PCN have been drop in BP clinics and virtual education on hypertension during our healthier living hubs.

Liz further explains: *“My responsibilities typically include managing medication reviews, reconciling prescriptions, supporting repeat prescribing systems, and ensuring safe and efficient use of medicines. I help to improve patient outcomes by reducing medication errors, promoting adherence, and assisting with audits and data collection to inform clinical decisions. By easing the workload off GPs and Clinical pharmacists, PCN pharmacy technicians contribute significantly to the overall efficiency and effectiveness of primary care services, ultimately enhancing the quality of care provided to patients in the community. I am always happy to help.”*



Liz



Smita

### Wellbeing & Digital Café

@ Temple URC Church, 179 High St, Orpington BR5 4AX  
11am-1pm

**2025 dates:**

- January 14th
- February 11th
- March 11th
- April 8th
- May 13th
- June 10th
- July 8th
- August 12th
- September 9th
- October 14th
- November 11th
- December 9th

**Free admission!**

**Join us here for games with prizes, healthcare information and help with digital tools.**

*Feel free to bring along cakes, biscuits or baked goods to share.*

### Healthier Living Café

@ Temple URC Church, 179 High St, Orpington BR5 4AX  
**FOURTH Tuesday of the month, 11am-1pm**

**Free admission!**

**2025 dates:**

- May 27th
- June 24th
- July 22nd
- August 26th
- September 23rd
- October 28th
- November 25th
- December 23rd

**Your Mental Health Matters**

**Join us here for gentle exercise, arts & crafts, mindfulness & meditation as well as a relaxing social environment with complimentary refreshments.**

Our **NEW** Healthier Living café targets carers, those with fibromyalgia and learning disabilities. The focus is on improving social skills which lead to better physical and mental health.

Thank you for reading 😊