

AIT Medihelp

"medicines training you can trust"

July 2022



@aitmedihelp

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Hello July!

Summer is finally here! We really hope everyone is keeping safe and well.

July is buzzing with **face to face training** and our team are on the go delivering our courses all over the UK! This month as well as training and delivering courses to our regulars **throughout the UK**, we're very excited to be training with some new care facilities down in **Cornwall!** We'll be sure to indulge in a pasty, or two!

We're wishing **Edwin**, one of our pharmacist trainers, a wonderful trip as he is spending two months in Ghana. A big **WELL DONE to Katie**, who delivered her first training course last month. And be sure to keep your eyes peeled for some exciting **offers coming your way in August!** We have never done any kind of offers/sales before and who knows if we'll do one again! So keep your eyes peeled on our socials for the big announcement!

Please get in contact today to see **how, when and where we can help you!**

Vitamin D Info

Vitamin D deficiency (hypovitaminosis D) is an increasingly common condition among people of all ages, but **older adults** are at increased risk

Vitamin D helps regulate the amount of calcium and phosphate in the body; these nutrients are needed to keep **bones, teeth and muscles** healthy.

In the UK from late March/April to the end of September, most people can make all the vitamin D they need from a **short period** of exposure to outdoor sunlight on the hands & face between 11am-3pm, and from a balanced diet.

During the autumn and winter, UK sunlight is not strong enough for the body to make vitamin D. Vitamin D is found in a small number of foods eg **oily fish, egg yolks & fortified foods such as some fat spreads and breakfast cereals.**

Dietary supplements can be bought to provide vitamin D, especially during winter months, or **prescribed** for people at higher risk who spend no time outside.

ALWAYS remember to cover up and protect skin from long periods in the sun, to reduce the risk of skin damage & skin cancer.

Good Care Month

This is the Hertfordshire care providers association's campaign. They want you to send in your photos, videos or stories showcasing the #goodcare you and your teams provide day in, day out. This in turn can help raise the profile of the care sector and inspire others to choose a career in care!

Visit their website or their socials for more information about this campaign!

HCPA

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