

Beat the sneezing season: March to September

As spring and summer arrive, many people begin to experience the familiar symptoms of hay fever. Also known as seasonal allergic rhinitis, hay fever affects millions of people across the UK and can make everyday activities uncomfortable.

What is Hay Fever? It is an allergic reaction to pollen, grasses and weeds. When pollen levels rise you may suffer from sneezing, runny nose, itchy/watering eyes and feeling tired all the time.

Tips to Reduce Symptoms: While it may not be possible to avoid pollen completely, these simple steps can help:

- Keep windows and doors closed during high pollen days
- Shower and change clothes after being outdoors
- Wear sunglasses to protect your eyes
- Apply a small amount of petroleum jelly around the nostrils to trap pollen

Treatment Options: For best results, it's often helpful to start treatment before symptoms become severe.

- Antihistamine tablets
- Nasal sprays
- Eye drops

Do you need help to improve your well-being, contact the surgery and make an appointment with a Social Prescriber. They can help to connect you with non-medical support, focusing on practical and social factors rather than diagnosis and medication.

They can help you with:

- Feeling isolated or lonely
- Debt, housing, or employment worries
- Wanting help getting more active or involved locally
- Needing support after illness, bereavement, or major life changes
- Introduction to Community groups
- Exercise or walking programmes
- Benefits or debt advice
- Bereavement

Holiday season is upon us. Here are a few tips to remember about your medication:

- Order repeat prescriptions early from your surgery
- Keep medications in hand luggage
- Carry medicines in original packaging
- Take a medication list
- Take extra supplies in case of delays
- Check rules for travelling with controlled medicines



June 2026:

- Remember to book your Men's routine health check
- If you use a Blood Pressure machine at home, please drop the readings in at the surgery
- Do you know your current height & weight. Please drop the details into the surgery, it helps the clinician when updating your prescriptions
- 14.06.26 is World Blood Donor Day.
Give blood, it may save a life
- Loneliness Awareness Month: If you know someone who lives alone and you can spare half an hour out of your day, pop into them and check they are ok

July 2026

- Remember to use a high SPF in the summer months, sunburn increases the risk of skin cancer
- Stay cool, heat can worsen some medical conditions
- Going abroad, book your immunisations 6 weeks before travel
- Dehydration causes headache and fatigue
- 06.07.26 is world alcohol awareness week, do you know someone who needs support?

5th July 1948 marks the founding of the NHS

April Telephone Figures:

We received **5,021** calls into the practice, and we handled **4,980 = 95.95%**
We received **74** call back requests, and we returned **74** calls = 100%

Our reception team works hard to manage a high volume of calls, and support everyone as best they can. They appreciate your cooperation as they strive to assist each patient promptly and effectively



Closed for Staff Training

The surgery will close at 1pm on the following dates for dedicated staff training, we will re-open at 8am, the following day.

Thursday 25th June 2026

Thursday 23rd July 2026

During these times, our phone lines are directed to the Out of Hours service, for any patients needing advice or an appointment.

