



## 'Tis the season to get Hay fever

*Hay fever* is a condition caused by an allergic reaction to pollen. It's usually worse between late March and September, especially when it's warm, humid or windy, but some of you may experience symptoms as early as February when the trees start budding.

Symptoms can include sneezing and coughing, a runny or blocked nose, itchy, red or watery eyes, itchy throat, mouth, nose and ears, headache, earache and fatigue.

Your local pharmacist is a good place to get help as they have a broad range of over-the-counter medications to help ease your symptoms. You might also want to try some of these helpful tips below:

- put a barrier cream around your nostrils to trap pollen
- wear wraparound sunglasses to protect your eyes
- shower after you have been outside to wash pollen off
- keep windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth
- buy a pollen filter for the air vents in your car and a vacuum cleaner with a HEPA filter

Try not to:

- cut or walk on grass
- spend too much time outside
- keep fresh flowers in the house
- smoke or be around smoke – it makes your symptoms worse
- dry clothes outside – they can pick up pollen

**Until next time.....**



## Minchinhampton Surgery

Here with you



**April 2023 newsletter**

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**Welcome back to the next edition of our bi-monthly surgery newsletter. Thank you too for your kind comments and feedback on February's edition; your opinions are both valued and appreciated.**

## **We're in this together**

You know your own body and you know when you're not feeling well. Sometimes you'll need our help, but at other times, it may be that you just need signposting in the right direction. Many conditions can be seen by the **community pharmacist** at your local chemist who is able to provide self-care advice, give you over-the-counter medications or advise when it would be better for you to see your GP. Examples of such conditions include bites, constipation, diarrhoea, fungal infections, headaches, headlice, indigestion, mouth ulcers, nausea, piles, sore throat, styes, warts and worms.

If you're due a **medication review**, you can book this with one of our affiliated pharmacists who work out of the surgery by calling our Reception Team in the usual way. You may also find it useful to know that you are sometimes able to **refer yourself** to a service rather than coming through your GP first. For example:

- For mental health concerns, contact Let's Talk [www.talk2gether.nhs.uk](http://www.talk2gether.nhs.uk) or Every Mind Matters [www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)
- For physiotherapy, go to [www.gloshospitals.nhs.uk/our-services/services-we-offer/physiotherapy](http://www.gloshospitals.nhs.uk/our-services/services-we-offer/physiotherapy)
- For your feet, search podiatry – [www.ghc.nhs.uk/self-refer](http://www.ghc.nhs.uk/self-refer)
- For checking in with your own health and sourcing useful information around diet, exercise, smoking or alcohol, visit Healthy Lifestyles Gloucestershire [www.hlsglos.org](http://www.hlsglos.org)

If you feel that your symptoms are more serious, please continue to call us in the usual way and, of course, if you have sudden chest pain or think you may be having a stroke or heart attack, please dial 999.

## **We value your contribution**

The Patient Participation Group or PPG is a committee designed to help promote and support best practice in our surgery through better communication between us and you. The group meets 4 times a year to assess and try to improve services, projects, patient feedback, transport and more. If you're keen to have a voice, get involved in decisions and feed back to the surgery, this might be an interesting opportunity for you. The Committee is seeking fresh members, so if you want to hear more, please email Ian McPherson, PPG Secretary, in confidence at [iandsmcp@gmail.com](mailto:iandsmcp@gmail.com)

## **Think Green**

In the words of Greta Thunberg, "change is coming, whether you like it or not". We're all very aware of how climate change poses a major threat to us and the planet, so we want to do our bit towards helping with this climate emergency. We are pleased to announce that we have signed up for the Green Impact for Health initiative and are working towards our *Bronze Award*. Key areas of focus include improving energy efficiency, increasing recycling and purchasing sustainably e.g. the water in our waiting room is now mains fed to eliminate the use of plastic bottles and reduce our carbon footprint. We're excited to be part of this green initiative and we will keep you informed of our progress.