

Don't let HAY FEVER ruin your day



Surgery Opening Times

8:30AM TO 6:30PM

MONDAY TO FRIDAY

Emails

Would you like to receive our surgery newsletter by email? If so please ensure we have your up to date email address.

Facebook

We now have our own facebook page to keep our patients informed of useful information and details of current affairs within the practice.

You can find us under

Armada Family Practice—
Whitchurch Health Centre



Useful Telephone Numbers

NHS 111 (out of hours)	111
District Nurse	01275 547040
Health Visitors	01275 547031
BRI	0117 923 0000
Southmead Hospital	0117 950 5050
St Peter's Hospice	0117 915 9400
Alzheimer's Society	0117 961 0693
CRUSE bereavement	0117 926 4045
Diabetes Education	0117 959 8970
Dementia Helpline	0845 300 0336
Carers Support	0117 965 2200
SBCH	0117 342 9692
Midwives	0117 342 9841

The hay fever season is with us all too quickly and can bring with it miserable symptoms for a lot of people in the spring and summer months, just when they want to be outside enjoying themselves! 1 in 5 people are affected with hay fever in the UK.

Over the counter medications are available for self-treatment : Antihistamine tablets and syrup, nasal sprays and eye-drops but a lot of things can also be done to manage hay fever at home and avoid common triggers.

For example:

- ◆ Keep house and car windows closed especially when pollens are high: 7-9am and 5-7pm.
- ◆ Avoid large grassy areas (especially when they are being cut), woodland, pollutants and car fumes.
- ◆ Wear wrap-around sunglasses.
- ◆ Wash your hands and face and rinse your eyes when coming in from outside, even consider changing your clothes if necessary or appropriate!
- ◆ Wear glasses when doing housework if affected by dust.
- ◆ Don't dry washing outside to avoid pollen sticking to clean clothes.
- ◆ Consider pollen filters for air vents in cars/vans.

If everything fails and your symptoms over-whelm you, speak to a pharmacist who can advise you on the next best steps.

For more information go to: www.nhs.uk/Conditions/Hay-fever or www.patient.co.uk/health/hayfever



During May we had 103 GP appointments & 143 treatment room appointments that patients did not attend!

This totals a shocking 246 wasted appointments during May.

Please call the surgery to cancel your appointment if you are unable to make it or you no longer need it, giving as much notice as possible, so the appointment can be rebooked by another patient.

Patient Survey

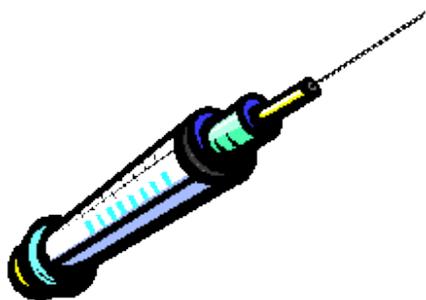
The results have now been analysed and we will be discussing the results with our PPG group members. We will update you with the results of this survey in the near future.

Whooping Cough Vaccination

There has been a recent outbreak of whooping cough leading to a number of deaths of babies across the country. A free vaccination is offered to all pregnant ladies beyond 20 weeks of pregnancy to protect their babies in the early weeks after birth. This will offer protection to the baby until they are able to receive the vaccination through the routine childhood immunisations that begin when they are around 8 weeks old.

Mothers of new born babies under 2 months who have not had the vaccine during pregnancy are also eligible for this vaccination. However, this will not offer the same protection to your baby so we encourage you to have the vaccination before your baby is born.

Please could you phone the surgery/ contact your GP practice and ask for Jo Cox to arrange your free vaccination 01275 547029 . Please ensure this is booked on or after your 20th week of pregnancy.



Online Services

The telephone lines are always busy! If you have access to the internet via computer, tablet or mobile phone - why not register for online services. Using online services will enable you to book your appointments and order your repeat prescriptions.

You can also cancel any appointments via this method.

If you would like to access this facility please ask at the reception. Please note that you will need to produce one form of photo identification and be over the age of 16+ before we can generate your login details.