

ST MARTINS GATE SURGERY

Issue 30

May 2017

Please note that the surgery will be closed on **Bank Holiday May 1st** and also closed on **Bank Holiday May 29th**.
In an emergency, please call **111** over both bank holiday weekends.



Hayfever - Hayfever is a common allergic condition that affects up to 1 in 5 people at some point in their life. Symptoms can include sneezing; runny nose and itchy eyes. These happen when a person has an allergic reaction to pollen. People can be allergic to tree pollen (released during Spring); grass pollen (released during the end of Spring and beginning of Summer); and weed pollen (released anytime from early Spring to late Autumn). There is currently no sure cure for hayfever, but most people are able to relieve their symptoms with treatment, at least to a certain extent. Treatment options for hayfever include antihistamines, which can help to prevent an allergic reaction from happening and corticosteroids (steroids), which can help to reduce levels on inflammation and swelling. Many cases of hayfever can be controlled using over-the-counter medication from your local Pharmacy. However, if your symptoms are more troublesome, it's worth speaking to your GP as you may require prescription medication.

Self-help tips...

It is sometimes possible to prevent the symptoms of hayfever by taking some basic precautions such as wearing wrap around sunglasses to stop pollen entering your eyes; changing your clothes and taking a shower after being outdoors to remove pollen on your body and try to stay indoors when the pollen count is high (over 50).

Remember, if you are just checking in for either a Nurse or GP appointment, you do not need to queue. Please, where possible, try to use our self-check in screen. This will save you queuing and mean that you can check in more quickly, particularly if there are several people in front of you with queries, which need answering.

To the side of the touch screen there are step-by-step instructions on how to use it, and a list of where the GPs and Nurses are located. Please remember to press **FINISH**.



If you wish to use the online services, you'll need to register first. To register, you will have to come into the surgery, bringing some proof of identification with you and request a registration letter. This will enable you to set up a full account. This registration method ensures your identity can be verified by the GP practice and that your personal details cannot be accessed by others.

Online services do not replace traditional ways of contacting your GP; they simply offer additional ways to interact with your GP, making it easier and more convenient for you. You can simply book and cancel appointments any time of the day, order repeat prescriptions from home or work, saving yourself a trip to the GP practice.

In return, it's hoped that the services will free up phone lines for people without internet access and enable GP practices to manage appointments and telephone calls more efficiently.

The three current transactional services available are booking appointments; repeat prescriptions and access to GP records (currently summary information only).

Patient Participation Group

Patient Participation Group are still holding their drop in sessions. These are a great way to get your opinion across on how we can improve our services to benefit you, the patient.

Why not pop in, say hello and see if they can help you in anyway. They are available in reception to speak to you on the following dates:

- **Monday 8th May - am @ St. Peters**
- **Friday 12th May - am**
- **Friday 19th May - am**
- **Wednesday 24th May - am**
- **Tuesday 30th May - am**

**No Need to Knock
Come on In!**

Patient Participation Group are holding their AGM on Weds 17 May at 5.30pm. Everyone is welcome to participate in the meeting, and there will also be a guest speaker from The Carers Association.

WORLD NO TOBACCO DAY - WEDNESDAY 31ST MAY

Every year, on 31st May, WHO and partners mark World Tobacco Day (WNTD), highlighting the health and additional risks associated with tobacco use, and advocating for effective policies to reduce tobacco consumption. The theme for World No Tobacco Day 2017 is "Tobacco - A threat to development".

The campaign will demonstrate the threats that the tobacco industry poses to the sustainable development of all countries, including the health and economic well-being of their citizens. It will propose measures that governments and the public should take to promote health and development by confronting the global tobacco crisis.

To find out more information,
visit www.who.int/campaigns/no-tobacco-day/2017



MAKE MAY PURPLE - ACTION ON STROKE MONTH

Stroke
association

Make May Purple is the Stroke Associations annual stroke awareness month, taking place every May. Friends, families and communities are invited to show their support for people who have been affected by stroke. This May, join thousands of people up and down the country and

however you choose to celebrate Make May Purple, you'll be helping to conquer stroke.

To find out how you can get involved, head over to www.stroke.org.uk/fundraising/make-may-purple

You can also use and follow #MakeMayPurple on social media to share what you're doing to help fundraise.