

ST MARTINS GATE SURGERY

Issue 42

May 2018

Please note that the surgery will be closed on **Bank Holiday May 7th**
and also closed on **Bank Holiday May 28th**.

If you need to be seen when we are closed, please ring out of hours, **111**.



DATA PROTECTION PRIVACY NOTICE FOR PATIENTS

The General Data Protection Regulation (GDPR) became law on 24th May 2016. This is a single EU-wide regulation on the protection of confidential and sensitive information. It enters into force in the UK on the 25th May 2018, repealing the Data Protection Act (1998).

For the purpose of applicable data protection legislation, including but not limited to, the General Data Protection Regulations (Regulation (EU) 2016/679) and the Data Protection Act 2018 (currently in bill format before Parliament), the practice responsible for your personal data is
St. Martin's Gate Surgery.

The Privacy Notice (which will be available in the coming weeks) describes how we collect, use and process your personal data, and how in doing so, we comply with our legal obligations to you. Your privacy is important to us and we are committed to protecting and safeguarding your data privacy rights.

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:

- Wednesday 2nd May - am
- Thursday 17th May - am @ *St. Peters*

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

SUCCESSFUL DIABETES INFORMATION EVENING FOR PATIENTS

On Monday 16th April we held an information evening in conjunction with Haresfield Surgery PPG which was well attended by over 35 patients.

The patients listened to guest speaker, Peter Shorrick from Diabetes UK, regarding the causes of diabetes, the types of diabetes and it's complications.

With the right treatment and care, people can live a healthy lifestyle and reduce the chances of experiencing complications. Especially those with Type 2 where losing weight, changes in diet, stopping smoking and taking exercise can significantly reduce the condition. Further information is widely available from www.diabetes.org.uk

We are hoping that both St. Martin's Gate & Haresfield PPG will join forces again soon with other interesting topics. We will keep you informed when these have been arranged.

In the meantime, The Patients Group would be interested to hear of any other topic you would come to if it was part of an information evening. Please email: colin.major@talktalk.net

Pharmacy Corner

TREATMENTS FOR HAY FEVER



The Clinical Commissioning Groups (CCGs) in Worcestershire, who are responsible for healthcare investment, consulted with the public to identify areas to prioritise for continued investment. Following further public engagement last year, the CCGs have determined that they no longer support prescribing of some “Over the Counter Medicines” on the NHS. This includes hay fever preparations.

Hay fever preparations can be purchased from the ranges readily available in local supermarkets, other stores, online or pharmacies without having to see a doctor.

What treatments can I buy?

Speak to a local pharmacist to get advice on the best treatment for your symptoms and always read the patient information leaflet that is included with the medicine.

- **Antihistamine tablets or syrup** - Generally effective at controlling symptoms of hay fever. More effective if taken *before symptoms* start rather than after.
- **Nasal sprays** - Useful if you suffer nasal symptoms and can be used instead of, or in addition to, antihistamine tablets. Best started before the hay fever season begins and used throughout the season even if your symptoms have improved.
- **Eye Drops** - If symptoms are not controlled by oral antihistamines, eye drops containing sodium cromoglycate or lodoxamide may be useful.

Other useful treatments - Simple pain relief can help with headaches and sinus pain.

When should I see a GP?

If you are experiencing wheezing, breathlessness or tightness in the chest. If you are pregnant or breastfeeding. If your symptoms are not relieved by over the counter treatments in combination with measures to reduce your exposure to pollen.

This is one of a number of prescribing changes that are being introduced by the CCGs, For further information about these changes please contact the CCGs:

Telephone: 01527 482900

Website: www.worcestershire.nhs.uk/prescribing

Email: worcs.comms@nhs.net

A leaflet that giving more information about how to manage your hay fever and what preparations are available to buy is available on our practice website: www.stmartinsgatesurgery.co.uk

Stroke
association

MAKE MAY PURPLE - ACTION ON STROKE MONTH

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

WORLD NO TOBACCO DAY - THURSDAY 31ST MAY

Every year, on 31st May, WHO and partners mark World No Tobacco Day (WNTD). The theme for 2018 is “Tobacco and Heart Disease”. The campaign will increase awareness on the link between tobacco and heart and other cardiovascular diseases.

To find out more information, visit www.who.int/campaigns/no-tobacco-day/2018

