

ST MARTINS GATE SURGERY

Issue 54

May 2019

NHS

Don't let
HAY FEVER
ruin your day

Get your hay fever medicines from your local pharmacy at low cost

You won't need a GP appointment or prescription - just talk to your community pharmacist



THE SURGERY IS
CLOSED

May Day - 6th May
Spring bank holiday
27th May

Hay fever is a common allergic condition that affects up to 1 in 5 people at some point in their life. **SELF HELP TIPS:** It is possible to prevent the symptoms of hay fever by taking basic precautions such as wearing sunglasses to stop pollen entering your eyes; changing your clothes and taking a shower after being outdoors to remove pollen on your body.

WORLD NO TOBACCO DAY-31ST MAY

The focus of World No Tobacco Day 2019 is on "tobacco and lung health." The campaign will increase awareness on: the negative impact that tobacco has on people's lungs, from cancer to chronic respiratory disease, the fundamental role lungs play for the health and well-being of all people.

<https://www.who.int/tobacco/wntd/en/>



GET READY TO LACE UP FOR NATIONAL WALKING MONTH

Encouraging people to walk more throughout May. For more information about the initiatives such as Walk to Work Week and Walk to School Week visit <https://www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month-2019>



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 15 May** – am @ **St Martins Gate Surgery**
- **Monday 20 May** - am @ **St Peters Surgery**

The next Patient Participation Group meeting is our AGM being held here on **Wednesday 22 May 2019 at 5.30pm**. Everyone is welcome to participate in the meeting!

This is an open invitation to all patients, so if you would like to attend, please report to reception by 5.30pm.

WHAT IS A PATIENT PARTICIPATION GROUP?

A PPG is a group of patients interested in health and healthcare issues, who want to get involved with and support the running of their local GP Practice. The Patient Participation Group (PPG) also includes members of the practice team, we meet at regular intervals to decide ways and means of making a positive contribution to the services and facilities offered by the practice to patients.

If you are interested in joining our PPG team, please email our PPG chairman: **Colin.major@talktalk.net**



stroke.org.uk/makemaypurple

Stroke
association

We're proud to support

Make May Purple
for stroke

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 <https://www.stroke.org.uk/fundraising/make-may-purple>

KNOW THE SIGNS OF STROKE
THINK



FACE **ARM** **SPEECH** **TIME**
DROOPING WEAKNESS DIFFICULTY TO CALL 111