

Arrival Practice Newsletter

Spring 2018



Fund Raising Easter Raffle

A giant Easter basket and lots of lovely prizes for children to be won!



Tickets 20p each
Prize draw Monday 26th March

Raffle tickets will be available to buy from reception from Monday 12th to Friday 23rd March 2018

All proceeds to Arrival Practice PPG

Practice Opening Times:

Monday 08.30-18.00

Tuesday 08.30-18.00

Wednesday 08.30-18.00

Thursday 08.30-18.00

Friday 08.30-18.00

Saturday & Sunday Closed



Hay Fever

Hay fever is an allergic reaction to pollen, typically when it comes into contact with your mouth, nose, eyes and throat. Hay fever is usually worse between March and September, especially when it's warm, humid and windy. **Speak to your pharmacist** - they can give you advice and suggest the best treatments, like antihistamine drops, tablets or nasal sprays.

Symptoms of hay fever include:

- sneezing & coughing
- runny or blocked nose
- itchy, red & watery eyes
- itchy throat, mouth, nose & ears
- headache
- earache
- feeling tired

If you have asthma you might also:

- have a tight feeling in your chest
- be short of breath
- wheeze & cough

Hay fever can last for weeks or months, unlike a cold which usually goes away after 1 to 2 weeks.

You can treat hay fever yourself

There is currently no cure for hay fever and you can't prevent it, but you can ease the symptoms when the pollen count is high.

- DO** Put vaseline around nostrils to trap pollen
- DO** Wear wraparound sunglasses to stop pollen getting into eyes
- DO** Shower, wash hair and change clothes after you've been outside
- DO** Keep windows and doors shut as much as possible
- DO** Dust often with a damp cloth

- DON'T** Cut grass or walk on grass
- DON'T** Spend too much time outdoors
- DON'T** Keep fresh flowers in the house
- DON'T** Smoke - it makes symptoms worse
- DON'T** Dry clothes outside - they can catch the pollen



YOU ONLY NEED TO SEE A GP if your symptoms are getting worse or don't improve after taking medicines from the pharmacy.

Missed Appointments & DNA's

A **DNA** is someone who **DID NOT ATTEND** an appointment. DNA's are a serious problem for the NHS. Research shows that around 13 million GP appointments and 6 million practice nurse appointments are missed each year.

If you can't attend your GP or Practice Nurse appointment please telephone Arrival Practice as soon as possible (preferably 24 hours before) on 01642 615415. We will then be able to offer that appointment to someone else and will offer you a new appointment if required.

If you **can't attend** your appointment at the **hospital**, please **telephone the hospital or department as soon as possible** and tell them that you won't be attending. You will be able to find the telephone number on your appointment letter.

Patients who fail to attend hospital appointments cost the NHS more than £600 million a year, which is enough to run two medium sized hospitals!



SMS Service to mobile phones

With your consent, the practice can send you text messages (SMS).

Listed below are some examples of when we might use text messaging:

- Remind you about your booked appointments.
- Give you general information about the practice, for example: new services, changes to opening hours or the arrival of a new doctor.
- Remind you to book an appointment, for example: your annual diabetes review.

Please let us know if you DO NOT want us to text you any messages.



PLEASE SHARE YOUR FAVOURITE RECIPES WITH US

The Patient Participation Group (PPG) is currently working on the production of a cook book that we can sell in order to help raise funds for our practice and patients.

We would love to hear from you with some of your favourite recipes that we can include in the book. It might be a recipe that is the national dish of your country, it might be one that reminds you of home or family, or it might be a recipe that you love just because you enjoy making it and it tastes so good!

Please also feel free to share any stories that you have about the origins of the recipe and/or the ingredients or simply tell us why you love it so much.

You can hand your recipes to the staff at reception and if you need paper or help in writing out the recipe, please let us know.

We are hoping to produce a final recipe book that is as wonderfully diverse and culturally varied as our practice.

CLOSING DATES DURING EASTER

The practice will be closed on the following dates:

- Friday 30th March 2018
- Monday 2nd April 2018

Please remember to order prescriptions in advance!

If you require urgent medical care when the practice is closed, please ring 111. The NHS 111 service is free from both landlines and mobile phones.

