

Arrival Practice Newsletter

Spring 2020



Hayfever

Hayfever is an allergic reaction to pollen, typically when it comes into contact with your mouth, nose, eyes and throat.

Hayfever is usually worse between March and September, especially when it is warm, humid and windy.

You can BUY hayfever tablets from local shops VERY Cheaply. You do not need to see a Nurse or GP.

Symptoms of Hayfever can be:

- Sneezing & coughing
- Runny or blocked nose
- Itchy, red and watery eyes

Would you like a chance to do light exercise and make friends?

Join the Walking Group run by Marie (the social prescriber) meet every Friday in Ropner Park at the Fountain at 11am .



Closed Days During Spring

The practice will be closed on

- ◇ Friday 10 April (Good Friday)
- ◇ Monday 13 April
(Easter Monday)
- ◇ Friday 8 May (Bank Holiday)
- ◇ Monday 25 May
(Bank Holiday)

We are looking for new Patients to join our Practice Patient Group.

Please ask at reception

