

St Margaret's NEWS

May 2016



TRAVEL ADVICE



Our Practice Nurses are available to give travel advice, so if you are travelling abroad, please ask reception for our Travel Risk Assessment form or download it from our website. It is advisable to receive any vaccines necessary 6-8 weeks prior to travel. The nurse will decide what vaccinations are needed and you will also receive advice about your destination in order that we can keep you safe whilst you are away.

Please note that if you fail to turn up to this appointment or fail to give 48 hours notice to cancel the appointment you will not be offered another appointment for travel vaccinations or advise again within the following 12 month period.

Survey

We are currently running an in-house survey and would appreciate as many of our patients participating as possible. We ask for your honest opinion, which will help towards future planning. Please ask at reception for a questionnaire or download it from our website....



Hay fever is a common allergic condition that affects up to one in five people at some point in their life.

Symptoms may include:

- sneezing
- a runny nose
- itchy eyes



You'll experience hay fever symptoms if you have an allergic reaction to pollen. Pollen is a fine powder released by plants as part of their reproductive cycle. It contains proteins that can cause the nose, eyes, throat and sinuses (small air-filled cavities behind your cheekbones and forehead) to become swollen, irritated and inflamed.

Hay fever can often be controlled using over-the-counter medication from your pharmacist. However, if your symptoms are more troublesome it's worth speaking to your GP, as you may require prescription medication.



In February we prescribed **10,304** items at our surgery at a cost of **£97,409.54**



Dates for your diary.....

We have the following protected learning day at the practice which is are part of the Solihull NHS planned calendar of training events. We will therefore be **CLOSED** from **1pm on Thursday 19th May**.

The surgery will also be **closed** on **Monday 2nd May & Monday 30th May**

