



NEWSLETTER - CHURCH LANE SURGERY, BOROUGHBRIDGE & HELPERBY

Spring/Summer 2019

Welcome to our Spring/Summer newsletter. We hope to improve communication with the practice population through this letter and hope you enjoy reading it. Please feel free to comment on anything and leave it in the comment box in reception.

HAY FEVER ADVICE

Did you know that any preparations for the treatment of this condition can be purchased from pharmacies and supermarkets without a prescription. A wide range of hay fever medications are available without seeing a doctor and that these medications are often cheaper than NHS prescription fees.

Examples of hay fever treatments that can be purchased include:

Antihistamine tablets and syrup, e.g. chlorphenamine, cetirizine, loratadine, acrivastine

Antihistamine nasal sprays, e.g. Rhinolast

Steroid nasal sprays, e.g. Beconase and Flixonase

Eye drops, e.g. Hay-Crom, Opticrom and Alomide Allergy

Decongestants, e.g. Sinutab

Simple pain relief, e.g. paracetamol



You should see a GP

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

WELCOME!

We extend a warm welcome to **Dr Katie Pickles** who will join the Practice in early August as our next GP Registrar.

PHARMACIST

We now have a fully qualified pharmacist working alongside the doctors at the surgery.

Wayne Healey deals with enquiries about medication and repeat prescriptions.

CONTACT US:

If you have any questions or comments about the practice please contact our Practice Manager, Wendy Dowson on the surgery number (01423 322309) or ask for her at Reception.

Patient Participation Group

This is a group of registered patients who are representative of the general surgery population which meets regularly with the practice manager and doctors.



As a group, they discuss patients' concerns and are involved in 'shaping' the practice questionnaire which has now been reviewed and points discussed. The minutes of the meetings can be viewed on the Church Lane Surgery website, www.churchlanesurgery.com.

Minor Illness Nurse

Diane Gallon runs a Minor Illness Clinic, 4 days a week. Diane undertook extra training at York University to be able to examine and diagnose adult patients with the following minor illnesses:



Upper respiratory – coughs/colds/flu/sore throat/sinusitis/earache/hay fever

MSK conditions – minor injuries/sprains

Women's health – thrush/vaginal discharge/irritation/retained tampon/emergency contraception and follow up for oral contraception

Urological conditions – cystitis/urine infections (female only)

Dermatological conditions – eczema/skin rashes/sunburn/insect bites and stings/scabies/allergies/shingles/boils

Gastrointestinal conditions – diarrhoea/vomiting/constipation/thread worms/heart burn/indigestion

Ophthalmic conditions – conjunctivitis/red eyes

Online Booking Service

Don't forget, you can order your repeat prescription or book your GP appointment online.

If you would like to do this please collect a form from Reception. Once your form has been processed you will need to collect your password from Reception so that you can book your appointment or request your repeat prescription by computer. Please allow at least 3 working days for us to process your application.



Please remember to allow 3 working days before you collect your repeat prescription excluding weekends and bank holidays