

# Summertown Group Practice Newsletter

Thank you for taking the time to read our newsletter, if you would like to receive more timely updates just follow us on Facebook—Summertown Group Practice

We have been very busy this spring starting off with the spring booster COVID clinics for those who qualified. Our first clinic on the 27th April was a great success with lots of positive feedback from our patients that attended.

We are happy to announce that Dr Emily McGhee and Dr Joseph Doris will be staying at the practice once they have finished their training and will be taking up salaried GP positions from August.

We are also happy to announce that we will be offering more nurse appointments from June. Christine Bates will be joining the nursing team 3 days a week, with one of these days being dedicated to minor illness.

## Hay fever

Hay fever symptoms are usually worse between March & September. You cannot cure it, but there are things you can do to help your symptoms, or medicines you can take to help.

### Symptoms of hay fever include:

- sneezing and coughing
- a runny or blocked nose
- itchy, red or watery eyes
- itchy throat, mouth, nose and ears
- loss of smell
- pain around the sides of your head and your forehead
- Headache
- feeling tired

Speak to a pharmacist if you have hay fever. They can give you advice and suggest the best treatments to help with symptoms, such as:

- antihistamine drops, tablets or nasal sprays
- steroid nasal sprays

## SPRING / SUMMER 2024



### Friends and Family Feedback

*The doctor was very friendly and understanding and showed interest, and I am expecting a phone call in a month to monitor the progress of my health - this is the first time an NHS doctor said/ offered this, so I am very satisfied. I have also met with a medical student before meeting the doctor and that experience was also nice and I was happy to help in the training of the student*

*Receptionists are helpful in signposting and giving appts. Doctors are good at referring if needed.*

*I have consistently experienced very good, responsive and supportive care from the doctors and nurses in this practice over my 7 years here. My overall comment would be very good if only the wait for appointments was quicker.*

*The nurse who saw me yesterday at Wolvercote was wonderful, very gentle and kind*

*Mandy is awesome. Thank you for making my blood test so relaxed and easy!*

## Raising money for the

### MS Society

As a practice we are raising money for the MS Society. Ten members of staff have set a challenge to walk 5,000km as a team in April and May.

Every week we calculate our steps to see if we are getting closer to our target.

We have set up a just giving page to raise money for the MS Society. Our aim is to raise £500.00

If you would like to make a donation please visit our Facebook page where we have a link to our just give page.

Any donations would be appreciated.



### Health checks

If you're aged between 40 and 74, you may be eligible for a FREE NHS health check to help you understand your risk of some long-term health conditions such as diabetes and heart disease.

### Pharmacy First

Community pharmacists can, if appropriate, supply antibiotics for the following 7 conditions

- Sinusitis
- Sore throat
- Earache (1 – 17 years)
- Infected insect bites (1 year and over)
- Impetigo (1 year and over)
- Uncomplicated UTI's in women
- Shingles (18 years and over)

Please consider seeing Pharmacy First **BEFORE** phoning the practice.

## Travel

Now we are getting to the holiday season we would just like to remind you that we no longer provide travel assessments.

Our Nurses can provide free NHS travel immunisations from the list below once you have had an

independent travel assessment. You will need to bring that paperwork with you to your appointment. Please arrange an appointment for immunisations at least 6-8 weeks before departure if possible.

### Free NHS travel vaccines:

<b>Hepatitis A</b>	<b>Typhoid</b>
<b>Tetanus</b>	<b>Polio</b>
<b>Diphtheria</b>	<b>MMR</b>

## What is the Patient Participation Group (PPG)?

- To offer opinions in a constructive manner and to put forward ideas on behalf of other patients.
- To improve the provision of health care.
- To improve communication between surgery, patients and the wider community about matters concerning the surgery and health in general.
- To provide assistance in development of new services.
- To encourage a spirit of self help and support amongst patients to improve their health and social care.

**If you would like to join our PPG please sign up on our website.**