

The Green House Surgery
Spring 2024 Newsletter
www.thegreenhousesurgery.co.uk



Welcome to our Spring 2024 Newsletter

We would encourage our patients to read our newsletter as it contains some useful information, some of which you may not be aware of. You are welcome to take a copy home with you. However, an electronic copy is available on The Green House Surgery webpage for you to download.

New Staff

We would like to welcome our two new Pharmacy Technicians who have recently joined our team.

Amy Hunter-Grayson joined the Practice in February 2024 and Angela Lewis joined the team in April 2024.

Our Pharmacy Technicians will consult with patients, offering them advice on how best to manage their medicines and will be an excellent addition to our existing healthcare team.

Identifying Carers

Did you know you are an informal/unpaid Carer if you are looking after a loved one who relies on you to provide:

- Practical support
- Help with medication
- Physical help
- Emotional support
- Personal care
- Help with finances

Please inform the Practice if you are an informal/unpaid Carer

If you are a Carer there are support services available in the South Tees area:

The Junction Foundation: For young Carers aged 5–18
www.thejunctionfoundation.com Tel: 01642 756000 Email:
info@thejunctionfoundation.com

Next Steps Transition Service: For Carers aged 15-25 – delivered by the Junction Foundation and Carers Together
Tel: 01642 756000 or 01642 488977
Text/Whatsapp: 07767117556

Carers Together: for Carers aged 18 and over
www.carerstogether.co.uk Tel: 01642 488977 Email:
info@carerstogether-rc.org.uk

Teesside Mind Carers Service: for Carers aged 18 and over for positive health and wellbeing support
www.teessidemind.org.uk Tel: 01642 257020 Email:
carers@teessidemind.org.uk

We Care You Care: information platform for all Carers and Practitioners.
www.wecareyoucare.info Email: hello@wecareyoucare.info

Pharmacy First

Pharmacists can give you advice on a range of conditions and suggest medicines that can help.

They may also be able to offer treatment and prescription medicines for some conditions without you needing to see a GP (this is called Pharmacy First). Conditions they can treat as part of Pharmacy First are:

- earache (aged 1 to 17 years)
- impetigo (aged 1 year and over)
- infected insect bites (aged 1 year and over)
- shingles (aged 18 years and over)
- sinusitis (aged 12 years and over)
- sore throat (aged 5 years and over)
- urinary tract infections or UTIs (women aged 16 to 64 years)

If you go to a Pharmacy with one of these conditions the pharmacist will offer you advice, treatment or refer you to a GP or other healthcare professional if needed.

If you are not within these age ranges, a pharmacist can still offer advice, but you may need to see a GP for treatment.

Spring Covid Booster

In Spring 2024, the NHS will be launching its Covid Booster Programme. Vaccines will be offered to:

- adults aged 75 years and over
- residents in a care home for older adults
- individuals aged 6 months and over who are immunosuppressed

If you require any further information please contact the Practice on 01642 475157

Hay Fever

Hay fever is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its heights.

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 your temples and forehead
- headache
- earache
- feeling tired
- if you have asthma, you might also:
 - have a tight feeling in your chest
 - be short of breath
 - wheeze and cough

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

There are lots of treatment options with many of them available over-the-counter. If you are a sufferer, ask your local Pharmacist for advice about self treatment before seeing the doctor.

Thanks for reading our Spring newsletter. We look forward to providing a further newsletter in the Summer. Please keep checking in with us via our website at www.thegreenhousesurgery.co.uk as things change constantly.

