

The Green House Surgery
Spring 2025 Newsletter
www.thegreenhousesurgery.co.uk



Welcome to our Spring 2025 Newsletter

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

Team News

Dr Houldsworth retired from the Practice Partnership on 31 January 2025. We would like to thank Dr Houldsworth for her service and commitment to the Practice and wish her a long and happy retirement.

We would like to take this opportunity to welcome Dr A Carrasco who joined the GP Partnership on 5 February 2025. Dr Carrasco brings with him a wealth of experience and a passion for providing high-quality patient care. Having worked in Redcar for several years, he is already familiar with the local community and health needs, making him a fantastic addition to our Practice.

We are also delighted to announce that Dr A Harbit has joined our healthcare team as a Salaried GP and we look forward to the positive impact Dr Harbit will have on our patients.

Sarah Berry, Care Co-ordinator, joined our team in March 2025. Care Co-ordinators help organise and manage the care of our patients needing regular contact or patients requiring complex care. They are the named contact for patients with some chronic conditions or life limiting conditions. They are also the named contact for patients who require extra support in managing their health conditions and health needs.

Spring Covid Booster Vaccinations



The announced and authorised cohorts for the Spring 2025 programme will cover:

- adults aged 75 years and over – this includes those who turn 75 years old by 17 June 2025
- residents in a care home for older adults
- individuals aged 6 months and over who are immunosuppressed

Vaccination for eligible cohorts will begin from 1 April 2025.

We will invite eligible patients to book into one of our scheduled vaccination clinics.

Surgery Easter Opening Hours



Friday 18 April 2025 - CLOSED

Easter Monday 21 April 2025 - CLOSED

THE PRACTICE RE-OPENS ON TUESDAY 22 APRIL AT 8.00 am

Please place any prescription requests in good time before the Easter break – thank you.

If you are unwell when the Practice is closed over Easter, and you think it can't wait until we re-open please call NHS 111.

The Green House Surgery Employee Star of the Month



The team at The Green House Surgery would like to congratulate Mrs Gemma Blyth, medical Administrator, on being awarded Employee Star of the Month in February 2025.

Gemma was nominated for the award by her colleagues, and we would like to take this opportunity to share some of the lovely comments received about Gemma below:

- "Lovely, calming personality in the office and when dealing with patients"
- "Has done amazing since starting with us, no primary care experience".

Well done, Gemma



Writing For Wellbeing Sessions

Middlesbrough Libraries & Public Health are delighted to offer a short series of free writing-for-wellbeing workshops. Workshops are free but places **must be booked in advance**.

The sessions run for 1-hour and are facilitated by certified poetry therapy practitioner Dr Natalie Scott. Each session invites you to experience a poem using a guided method informed by poetry therapy practice, to foster empathy, the imagination, and a deeper connection with self. You don't need to be a 'writer' to take part and you don't have to share your writing, though a safe, inclusive space will be provided for you to do so if you wish.

Dates and Booking

17 March, 1-2pm at Marton Community Hub and Library.

Book your space: 01642 300255 or marion_library@middlesbrough.gov.uk

24 March, 1-2pm @ Acklam Community Hub.

Book your space: 01642 817870 or acklam_library@middlesbrough.gov.uk

25 March, 10-11am @The Live Well Centre.

Book your space: 01642 728756 or emma_mcinnis@middlesbrough.gov.uk

HAY FEVER ADVICE

Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. 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
- feeling tired
- headache
- pain around the side of your head and your forehead

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

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

How to treat hay fever yourself

There's currently no cure for hay fever and you cannot prevent it. But you can do things to ease your symptoms when the pollen count is high.

DO

- put petroleum jelly (such as Vaseline) around your nostrils to trap pollen
- wear wraparound sunglasses, a mask or a wide-brimmed hat to stop pollen getting into your nose and eyes
- shower and change your clothes after you have been outside to wash pollen off
- keep windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth
- try to use a pollen filter in the air vents of your car, if you have one, and a HEPA filter in your vacuum cleaner

DON'T

- do not cut grass or walk on grass
- do not spend too much time outside
- do not keep fresh flowers in the house
- do not smoke or be around smoke – it makes your symptoms worse
- do not dry clothes outside – they can catch pollen
- do not let pets into the house if possible – they can carry pollen indoors

A pharmacist can help with hay fever

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.

Some antihistamines can make you very sleepy, so speak to a pharmacist about non-drowsy antihistamines

Contact the Practice if:

- your symptoms are getting worse
- your symptoms do not improve after taking medicines from the pharmacy.

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.

