

# Western Elms & Circuit Lane Newsletter

## June 2022

# Hello Summer...



### HAYFEVER SEASON...

We're now into early June and it would seem that the hay fever season is upon us. Symptoms may vary from being a minor irritant to making life very miserable and uncomfortable. Hay fever is caused by an allergy to pollens or moulds. Grass pollen is the most common cause; less common causes are tree pollens and moulds. Symptoms are due to the immune system 'over reacting' to the pollen or mould.

Common symptoms are - runny and itchy nose, blocked nose, sneezing, itchy and watery red eyes and sore throat. Sometimes only the nose and eyes are affected. Less common symptoms are - loss of smell, facial/sinus pains, sweats and headache. Asthma symptoms such as a cough, wheeze and breathlessness may get worse.

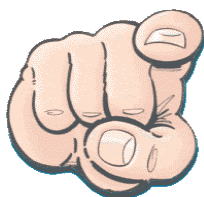
**Should you need help with hay fever, your first port of call should be the pharmacy, a pharmacist can advise you on medicines available!**



**ACCESS TO MEDICAL RECORDS**—We will be working on this over the next few months. There is talk that later on this summer, everyone will be able to have full access however this has been deferred over the last couple of years and we are still unsure of the start date. We will be encouraging patients to have their own access and ability to managing the sharing of medical records if they choose rather than copying medical records for patients on solicitor and insurance requests etc.

## **PATIENT PARTICIPATION GROUP**

### **WE NEED YOU!**



Would you like to influence the development of local health services?

Please email [we.patientgroup@nhs.net](mailto:we.patientgroup@nhs.net)

## **MONTHLY STATISTICS**

In May we had 4241 hits on our website with requests for information or tasks to be completed on our patients behalf.

This was 10% of the 42084 that we received from June 2021–May 2022

Whilst we do prescriptions on here there are many ways to ensure that **you don't** need to order an urgent prescription.

**We do not take prescriptions requests over the phone.**

## **VOLUNTEER'S WEEK, 1-7 JUNE 2022**

Volunteers' Week is supported and celebrated by small grassroots organisations as well as larger, household-name charities, who together run hundreds of activities across the UK. These activities showcase and celebrate volunteers and the contribution volunteering makes in our communities. This 38th annual Volunteers' Week is taking place during the #MonthOf Community.



**6-12 JUNE 2022, CARERS WEEK**, is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

## **BNF HEALTHY EATING WEEK, 13-17 JUNE 2022**

The British Nutrition Foundation's 10th Healthy Eating Week's big message this year is *Eat well for you and the planet!* Each day of the week will have a different theme.



## **DIABETES AWARENESS WEEK, 13-19 JUNE 2022**

This Diabetes Week we're celebrating each and every one of you. Because you're doing it, every single day. Living with diabetes, juggling the ups and downs. And that's worth celebrating!!



## **MEN'S HEALTH WEEK, 13-19 JUNE 2022**

Led by the Men's Health Forum to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems. It's time for you, me and men everywhere, to give ourselves an MOT.



## **WORLD BLOOD DONOR DAY, 14 JUNE 2022**

Raising awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood.

## **CERVICAL SCREENING AWARENESS WEEK, 20-26 JUNE 2022**

During Cervical Screening Awareness Week 2022, it's time to talk about how to make the test better. It's not all about embarrassment and we'll be sharing tips, experiences and working with experts to help who find cervical screening difficult.



## **LEARNING DISABILITY WEEK, 20-26 JUNE 2022**

This year, we want to show how people with a learning disability are reconnecting with friends and their communities. We also want to talk about the issues many people still face after the end of Covid restrictions, like still having to isolate or dealing with poor mental health and anxiety.