



Minerva PCN

NEWSLETTER

St Michael's & The Beehive surgery

hello
SPRING



HAYFEVER

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 may include:

sneezing and coughing, a runny or blocked nose, itchy and watery eyes, itchy throat and mouth, loss of smell, pain around the sides of your head and your forehead, headache and 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

See a GP if:

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



NHS APP

- Secure access to medical records
- Manage prescriptions
- Book or cancel appointments
- NHS 111 symptom checker
- Proxy access for children

STAFF UPDATES

After a staggering 36 years, Nurse Catherine Taylor is retiring in March. She will be greatly missed and we hope she enjoys her well deserved time off.

We're sad to say goodbye to nurse Samantha Mooney, although she was only with us for a short time we wish her luck in her new hospital role.

Please join us in welcoming Sarah who you may have seen on reception.

FOOD BANK

Since our winter edition newsletter, the staff at St Michael's & The Beehive collected food throughout



December to donate and help out the local community. Oasis Pantries are part of a network of affordable food providers in Bath, supplying low cost, high quality food each week to local residents. Roundhill Pantry in Southdown is open every Monday from 1.30 – 3.30pm, at the Roundhill Centre on Mount Road.

To become a member and get the full benefits of our Pantry you need to:

- Be on a household income of less than £18,000 a year
- Live in Southdown, Whiteway, Twerton or Kingsway to attend our Roundhill Pantry

To find out more, please visit-

<https://oasisbath.org/oasis-pantry/>

NHS HEALTH CHECK

What is an NHS Health Check?

The NHS Health Check is a free check-up of the health of your heart and blood vessels (cardiovascular health). It can tell you whether you're at higher risk of getting certain health problems, such as:

- heart disease
- diabetes
- kidney disease
- stroke

During the check-up you'll discuss how to reduce your risk of these conditions.

How do I get an NHS Health Check?

If you're aged 40 to 74 and do not have a pre-existing health condition, you should be invited to an NHS Health Check by your GP or local council every 5 years.

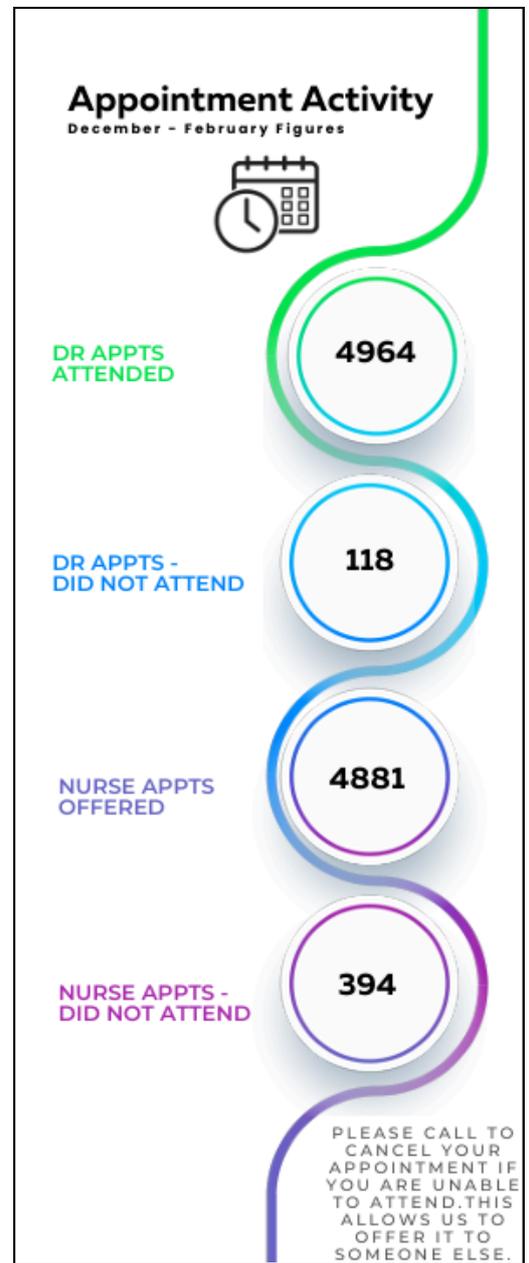
If you have not been invited for an NHS Health Check and think you're eligible, contact your GP to arrange an appointment.

What happens at an NHS Health Check?

Your NHS Health Check will usually be done by a healthcare professional such as a pharmacist, a nurse at your GP surgery, or a healthcare assistant.

The check takes about 20 to 30 minutes and usually includes:

- measuring your height and weight
- measuring your waist
- a blood pressure test
- a cholesterol test, and possibly a blood sugar level test



NHS HEALTH CHECK Helping you prevent
diabetes heart disease kidney disease stroke & dementia

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PATIENT PARTICIPATION GROUP

Welcome to our newest members. 

Next meeting: 14.05.26 @ 1:00pm

Have your say. New members always welcome. If you are interested in attending please contact the practice manager via

bswicb.stmichaelssurgery@nhs.net



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