



Minerva PCN

NEWSLETTER

St Michael's & The Beehive surgery



SOCIAL PRESCRIBING

Social prescribing empowers people to manage their wellbeing, giving time to explore what matters most, through conversations and information.

Minerva PCN practices work in partnership with Developing Health & Independence Service to provide a Social Prescribing Service for patients in our practices. Minerva has our own special Social Prescriber Link Worker, Rachel Dawson who will listen and help you identify your goals, connecting you with individual and community solutions to help with non-medical issues such as loneliness, money worries, housing and leisure activities.



STAFF UPDATES

Dr Frankel will be finishing her community placement with us and moving on to continue her training.

After 7 years, Annette one of our medical secretaries will be retiring in July.

April one of our receptionist has decided to spend more time with her young family and will be leaving us.

Although they will all be missed, we are thankful for everything they have done and wish them the best.

HAY FEVER ADVICE

Here are some tips to help ease your symptoms when the pollen count is high.

- Put Vaseline around your nostrils to trap pollen
- Wear wraparound sunglasses to stop pollen getting into your 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
- Buy a pollen filter for the air vents in your car and a vacuum cleaner with a HEPA filter
- Avoid drying clothes outside - it can catch pollen

A pharmacist can help with hay fever.

They can give advice and suggest the best treatments, like antihistamine drops, tablets or nasal sprays.

SUN SAFETY

Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight. Take extra care to protect babies and children. Their skin is much more sensitive than adult skin, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life.

Do not rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

When buying sunscreen, the label should have:

-Sun protection factor (SPF) of at least 30 to protect against UVB

-At least 4-star UVA protection

UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard. Make sure the sunscreen is not past its expiry date.

How to deal with sunburn:

Sponge sore skin with cool water, then apply soothing aftersun cream or spray, like aloe vera.

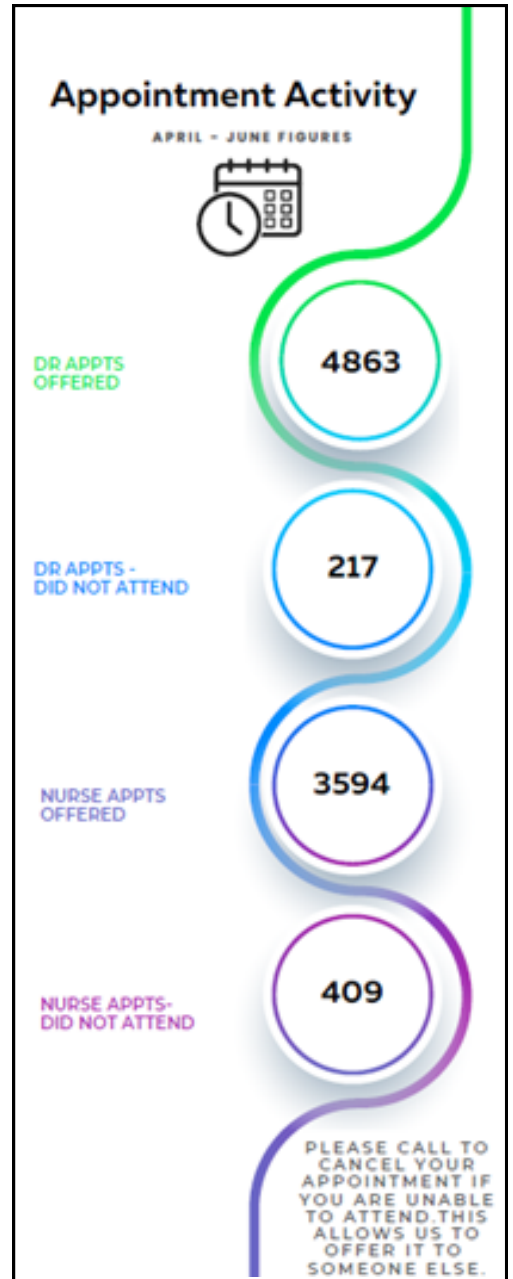
Painkillers, such as paracetamol or ibuprofen, will ease the pain by helping to reduce inflammation caused by sunburn.

! SHINGLES VACCINATION CLINIC !

We will be inviting patients who are eligible to attend our clinic on Tuesday 11th July @ The Beehive.

This vaccine is to prevent shingles, a common, painful skin disease. It is available on the NHS to people in their 70s.

The shingles vaccine is given as an injection into the upper arm. Unlike the flu vaccine, you'll only need to have the vaccination once and you can have it at any time of the year.



PATIENT PARTICIPATION GROUP

New members always welcome.

If you are interested in becoming a member please contact the practice manager via

bswicb.stmichaelssurgery@nhs.net



St Michael's surgery, Walwyn Close, BA2 1ER
The Beehive Surgery, Mount Rd, BA2 1NH

01225 428277
01225 445004

bswicb.stmichaelssurgery@nhs.net