



Minerva PCN

NEWSLETTER

St Michael's & The Beehive surgery



BLOOD PRESSURE

Have you checked your blood pressure recently?

High blood pressure (hypertension) is very common. Although it doesn't often come with symptoms, knowing you have high blood pressure could prevent life-threatening complications like heart attack and stroke.

We have a machine in the waiting room which you are able to use at any time.

Ask reception for a token and then hand back the slip of paper with the readings, this will allow us to update your record.

GET YOURS CHECKED TODAY!

Food Bank Donation

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. Bath Foodbank provides three day emergency food parcels to people in crisis.

Once again, the wonderful volunteers came to collect the boxes with a smile.



STAFF UPDATES

You may have noticed two new faces on reception. We are very happy to have Mandy & Robin join our team.

We are sad to see Dr Madden leave after helping us through the winter period.

LOCAL SUPPORT GROUP

Man Down UK

"We offer a very informal, safe and relaxed environment for men of all ages 18+ who are struggling with any kind of mental health issues. Our sessions are designed to be as inclusive as possible with no judgement, only support and understanding from people who can be there to listen and support you."



Location & Time

Twerton Village Hall, Landseer Rd, Twerton, Bath BA2 1DX

Thursday March 6th & 20th

Thursday April 3rd & 17th

7 - 9pm



RESPIRATORY SYNCYTIAL VIRUS (RSV)

RSV infections are very common. They're not usually serious, but some adults have a higher risk of getting seriously ill, particularly:

- adults over 75 years
- Adults with a weakened immune system, or long-term lung or heart conditions

RSV can also cause a serious lung infection (pneumonia) in babies and older adults.

The RSV vaccine is recommended if you're aged 75 to 79. The vaccine helps reduce the risk of RSV causing serious problems such as pneumonia.

If you're aged 75 to 79, contact your GP surgery and book an appointment.

Hay fever

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 sides 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.

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
- The antihistamines make you drowsy

PATIENT PARTICIPATION GROUP

Next meeting: 13.5.25 @1pm

Have your say. New members always welcome.

If you are interested in attending please contact the practice manager via

bswicb.stmichaelssurgery@nhs.net

Appointment Activity

December - February Figures



DR APPTS OFFERED

5127

DR APPTS - DID NOT ATTEND

202

NURSE APPTS OFFERED

3866

NURSE APPTS - DID NOT ATTEND

339

PLEASE CALL TO CANCEL YOUR APPOINTMENT IF YOU ARE UNABLE TO ATTEND. THIS ALLOWS US TO OFFER IT TO SOMEONE ELSE.

 Find us on Facebook

Search- St Michael's & The Beehive



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



01225 428277
01225 445004



bswicb.stmichaelssurgery@nhs.net