



Welcome to *WellWellWell* from Seascale and Bootle Surgeries.

Issue 236 July 2020 www.seascalehc.co.uk

Staff news – Dr Sowton has announced he will be retiring in August 2020. This will be a great loss to the practice after 19 years at Seascale & Bootle Surgeries. Dr Sowton is well respected by patients and colleagues alike and will be missed by all. We wish him all the best in the future and a happy retirement!

Planning for post-lockdown? – Now is the time where we ask patients to start planning ahead of how you will get out and about post-lockdown. As restrictions are being lifted the volunteer service will soon come to an end as staff return to their day to day duties and local volunteers may well be returning to their jobs. The volunteer scheme was initiated at the height of COVID-19 as a way of getting medication to those vulnerable/shielding, the scheme was a service provided by the kind members of the community, local council and staff members from the surgery in their own time. This does not affect friends or family members collecting medication on behalf of the patient, we will still facilitate this. When the volunteer scheme comes to an official end we will update you.

“I am worried about visiting the surgery for the first time, what measures are in place?”

- Bootle Surgery is operating a one in one out system currently. Patients are asked to social distance when they queue outside. We appreciate queueing outside is not ideal however regulars at Bootle will acknowledge it is an incredibly small site with limited capacity and staff provide the best service they can under the circumstances.
- Seascale Surgery is operating a one-way system, patients enter through the normal entrance and leave via the sign posted exit which brings you out on to the library car park.
- We ask patients to arrive as close to their appointment time as possible, patients who arrive too early may be asked to leave and return closer to the time.
- Patients are asked to wear a mask when attending surgery for essential appointments, if you do not have one then a mask will be provided and we encourage patients to keep this mask for future use. If you have respiratory problems that prevent you from wearing a mask please let the receptionist know so they can inform the clinician ahead of your appointment.
- Both sites are having permanent glass screens fitted for protection of both staff and patients. The reception desks will have them fitted soon and also Dispensary at Seascale.

Hayfever

- It is a common condition also known as **seasonal allergic rhinitis**.
- It is an allergic condition where the body's immune system overreacts to substances that are usually harmless, for example pollen from grasses, flowers, weeds or trees.
- It affects around 1 in 5 people in the UK and it often runs in families.
- It is more likely to affect people who suffer from asthma and eczema.
- Pollen causes the release of a chemical called histamine from cells in the nose, eyes and airways.
- Histamine causes inflammation and this inflammation causes the symptoms of hayfever.
- Some people suffer symptoms all year round.
- They are allergic to indoor allergens such as house dust mites, pets and indoor moulds.
- This is called perennial allergic rhinitis.

Symptoms may include:

- Sneezing
- Fatigue
- Itchy, blocked or runny nose
- Red, itchy, puffy or watery eyes
- Itchy throat
- Headaches and sinus pain

Speak to your local pharmacist to get advice on the best treatment for your symptoms

How can I avoid triggers?

- If possible stay indoors when the pollen count is high.
- Use petroleum jelly inside your nose to block inhalation of pollen.
- Keep your house clean and wear a mask and glasses when doing house work.
- Don't dry washing outside to avoid pollen sticking to your clothes.
- You could buy a pollen filter for the air vents in the car.

What treatments can I buy?

- Antihistamine tablets and syrup, for example;
 - Chlorphenamine
 - Cetirizine
 - Loratadine
 - Acrivastine
- Steroid nasal sprays, e.g. Beconase and Flixonase
- Eye drops, e.g. Hay-Crom, Opticrom and Alomide Allergy
- Decongestants, e.g. Sinutab
- Simple pain relief, e.g. paracetamol

Macmillan Telephone Buddies

If you need to talk about your cancer, Macmillan are here to listen. With a weekly call from one of their Telephone Buddies, you don't have to face cancer alone.

How it works

1. Sign up online or by phone to register your interest
2. They will get in touch to find out what support you need
3. They will find a Telephone Buddy who suits your needs
4. They will get a weekly call from your Telephone Buddy

Typically your volunteer will offer up to 12 weeks of support, but this can be adjusted to suit your needs.

Find out more and sign up at macmillan.org.uk/telephonebuddies
Or call their support line on **0808 808 00 00**
(7 days a week 8am-8pm)

Food Bank

A thank you from Netty Barker for the donations to the food bank, even under the circumstances there has been lots of contributions.



Training Days

Training Afternoons have restarted again this month. The surgery will close at 1pm on Wednesday 8th July

