

Welcome to the Broad Oak Medical Centre's quarterly patient newsletter. We will update you on all of our services and any important national information you may need. Please let us know if there is any health information you would like us to include and inform our patients of in the next installment by contacting us on the email below.

### Hay fever

With summer approaching, we have come into Hay Fever season. Please check the NHS website for self-help remedies to ease your symptoms. Should you need any advice your local pharmacist will be able to guide you to the best treatment. If you have followed the above advice and your symptoms are getting worse then please contact your GP.

#### Top tips preventing and managing hay fever:

- Wear wrap around sunglasses to help protect the eyes.
- Avoid being outdoors in the early morning and evening when the pollen count is higher.
- Avoid walking through fields or cutting grass.
- Change your clothes and shower when getting home.
- Avoid alcohol.
- If you have asthma – keep taking your inhalers.

You can keep an eye on the pollen count through the [Met Office's website](#).



### Cervical Screening

Cervical screening more commonly known as a smear, is an examination to help prevent cancer. This test checks the health of the cervix for woman aged 25 to 64, and qualifying patients will be invited by letter. If you receive a letter to book your smear test, please call the surgery at your earliest convenience to book the test.



During the examination a sample of cells will be collected and tested for high risk types of human papillomavirus (HPV). Afterwards you will receive a letter around 2 weeks later, explaining the next steps for you.

A video about how cervical screening is done can be found [here](#) on the NHS website.

**Please try not to put off cervical screening. It's one of the best ways to protect yourself from cervical cancer.**

If you are feeling particular anxious about the test, please speak with your nurse performing the exam who can reassure you and talk you through the procedure.

### Tell us what you think!

Thank you to all our patients who provide us with feedback about the care we provide. All feedback is vital in helping us to understand how our services are performing and where improvements can be made. Send any ideas or questions via email to [ncccg.y06792@nhs.net](mailto:ncccg.y06792@nhs.net) and the team will get back to you.

### Patient Participation Group

As a new surgery your feedback is important to shape our future. We are asking for any patients to come forward and be apart of our participation group. You will be able to air your views on the practice and provide constructive feedback for us to shape our services and communications. If you would like to sign-up email: [Nnccg.y06792@nhs.net](mailto:Nnccg.y06792@nhs.net).

### COVID-19 Vaccine Roll Out

The UK's vaccination programme is currently underway and reaching large numbers of people daily. From recent news coverage you will know the NHS has prioritised the roll out of this programme by putting the population into cohorts, according to age and medical conditions. Whilst you may not have been contacted, please be assured that the NHS will be in touch when your area is administering the vaccine to your cohort. For more information go to [www.nhs.uk](http://www.nhs.uk).

### Child Immunisation

Recent NHS statistics have shown that Child Immunisations are down this year, and we are here to provide this service. When considering vaccinations it is natural to focus on potential side effects, but in this process also balance the benefits of the vaccine against the chances of potential harm. If your child is overdue a vaccination, please contact the surgery on 0115 979 7910 to book their appointment.

#### Vaccination top tips for parents and carers

- Remember to take your [personal child health record \(PCHR\)](#) – in England this is usually known as the "red book".
- Call the practice or clinic to let them know if someone else is taking your child for vaccinations – or give the person a letter with your contact details.
- Dress your baby in clothes that are easy to remove – babies under 12 months have injections in the thigh.
- Dress toddlers and older children in loose or short sleeves – they'll have their injections in the arm.
- Try to stay calm during the vaccination – it's natural to worry but it might make your child anxious and restless.
- Let your child know what's going to happen in simple language – for example, "you may feel a sharp scratch that will go away very fast".
- Hold your child on your knee during the injection – if you're worried about seeing injections you could ask a nurse or another member of staff to hold them for you.
- Do not rush to get to your appointment – giving yourself plenty of time can help you and your child avoid feeling stressed and anxious.
- Do not be worried about speaking to the nurse or doctor – they can answer any questions you have about vaccination.



For further information, please visit the [NHS website](#).