

# Rush-home and read it!!



We hope you like our patient newsletter which helps to keep you informed about the services we provide. If you would like to join our Virtual Patient Participation Group please contact us on [CMCCG.rdp-ppg@nhs.net](mailto:CMCCG.rdp-ppg@nhs.net). We would like to hear your suggestions as to the sort of items you would find useful and would like us to include in future newsletters. Alternatively ask reception for a form to apply.

## Hay fever season

**If you require hay fever medication please fill out the slips in reception requesting what you need. If we are unable to prescribe this for you we will contact you within 48 hours.**

Hay fever is caused by an allergy to pollen. Common hay fever symptoms are a runny, itchy and/or blocked nose, sneezing and itchy eyes. Common treatments are an antihistamine nasal spray or medicine and/or a steroid nasal spray. Other treatments are sometimes used if these common treatments do not work so well.

### What is hay fever?

Pollen is the name given to the fine powder that is produced by plants, trees or flowers to fertilise other plants, trees or flowers of the same species. Strictly speaking, hay fever is caused by an allergy to grass or hay pollens. Grass pollen is the most common cause and tends to affect people every year in the grass pollen season from about May to July (late spring to early summer). However, the term is often used when allergies are caused by other pollens such as tree pollens. Tree pollens tend to affect people from March to May (early to late spring) each year. Other people may be allergic to weed pollens (including nettles and docks). Weeds tend to pollinate from early spring to early autumn.

Symptoms are due to your immune system reacting to the pollen. Cells on the lining of the nose and eyes release chemicals (for example, histamine) when they come into contact with pollen. This causes inflammation in the nose (rhinitis) and eyes (conjunctivitis). Sometimes the sinuses and throat can also be affected.

### Who gets hay fever?

Hay fever is very common. It affects about 2 in 10 people in the UK. It often first develops in children of school age and during the teenage years. Symptoms return for a season each year. But, the condition eventually goes away or improves in many cases (often after having had symptoms each season for several years).

Hay fever tends to run in families. You are also more likely to develop hay fever if you already have asthma or eczema. Equally, if you have hay fever, you are more likely to develop eczema or asthma.

### What are the symptoms of hay fever?

The symptoms of hay fever can vary from person to person. Some people only have mild symptoms that tend to come and go. Others can be severely affected with symptoms that are present every day during the pollen season:

Common symptoms - one or two or all of these symptoms may occur. They include:

A runny nose or a blocked nose.

An itchy nose.

Sneezing.

Itchy and watery red eyes.

An itchy throat.

More information can be found at [www.patient.info/health/hay-fever-leaflet](http://www.patient.info/health/hay-fever-leaflet)

## The Robert Darbishire Practice Patient Newsletter: May/June 2016

The Robert Darbishire Practice, Rusholme Health Centre, Walmer Street, Manchester M14 5NP.  
Tel: 0161 225 6699

### **LINK Good Neighbours**

Walking for health

Led by Health and Nature Walk Leaders

**Meet Every Thursday at 1.30pm**

Venue: Trinity House

Grove Close, Off Platt Lane

Rusholme

M14 5AA

Tel: 0161 225 1064

Socialise and make new friends

Improve Health

Learn more about nature and wildlife

Discover local history

Free refreshments

### **Everyone Welcome**

For further information, please contact:

Jane mob: 07827 980684

Lorna mob: 07814 366538

Regular exercise can have a positive effect on up to 20 chronic diseases, including diabetes, heart disease, stroke, asthma, COPD and osteoporosis.

It also helps with mental health problems by improving mood, reducing anxiety and making you feel better about yourself.

### **Extended access appointments now available on Saturdays until 31<sup>st</sup> March 2017**

We are now able to offer advance appointments on Saturday mornings as part of an enhanced service offered by Manchester CCG.

We are open from 9am until 12.30pm for patients who have already booked an appointment only. You can also come in to collect a prescription which you have already ordered. Because we only have one GP, one nurse and one Healthcare Assistant available at this time we are not able to see emergencies, so if you need urgent medical attention on a Saturday please call our out of hour's provider. (Please see <http://www.rdp.org.uk> for details)

Next time you need an appointment please ask the receptionist for availability.

We hope that you will find this service useful and that you understand that we can only provide a limited service on Saturdays as the practice is not fully staffed.



#### **Text Messaging**

We send out appointment reminders and other messages via text. If you do not wish to receive text messages please let reception know. If you need to cancel an appointment please call reception or if you are registered for online patient access please cancel your appointment online.



#### **Do you have Online Patient Access?**

We now provide some of our services online through Patient Access once you have registered as a patient. You can have 24hr online access to booking some appointments, cancelling all appointments, ordering repeat prescriptions and viewing your medication, allergies, immunisations and medical record. You will need to ask for a registration form at reception. You will then be able to register through our website at: [www.rdp.org.uk](http://www.rdp.org.uk)

#### **New clinical staff**

Please welcome Dr Susan Abercrombie, Nurse Practitioner Kim Williams and Nurse Patricia McLeggon-Watkinson who have all joined us recently.



#### **Choose well. Improving your health**

If you would like more information about improving your health and the services available go to [www.choosewellmanchester.org.uk/](http://www.choosewellmanchester.org.uk/).

The Minor Ailments Scheme service operates in partnership with your GP practice so that registered patients can get advice and any medicines they need from a local pharmacy.

#### **Failing to cancel your appointment**

If you continue to fail to attend appointments without cancelling them you risk being removed from the Practice List. You will receive warning letters before you are actually removed from the list. Please remember to cancel your appointment so that somebody else can use it.