

Have you downloaded the NHS App yet?

The NHS App is a quick and secure way to access a range of NHS services

The App can be used on computer by login in to the NHS website and tablet and phone with iOS or Android

but you will need internet access

With the NHS App, you can:

- Order repeat prescriptions
- View your test results
- See your GP health record.
- Receive messages from your GP practice.



'Flu Vaccinations

Coming in Autumn

As we head towards Autumn, we'll soon begin inviting eligible patients for their annual 'flu vaccination.

If you're eligible, please keep an eye out for your invitation by text message or phone call.

Having your 'flu vaccine is the best way to help protect yourself and those around you during the winter months.

JOIN YOUR PPG!

To support the Surgery and its patients the PPG always needs new members

Join us as an **ACTIVE**
member

or

as a **VIRTUAL** member
through an email link

To find out more, please contact

Pearl Woodward

pearlwoodward@btinternet.com

or leave a message with reception
at the surgery

Falkland House Surgery

PATIENT PARTICIPATION GROUP

Newsletter
Summer
2026





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
- Pain around the sides of your head and your forehead
- Headache
- Feeling tired

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

Hay fever can last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks

Look After Yourself

Check the pollen forecast and limit time outdoors when levels are high.

- Keep windows closed where possible.
- Wear sunglasses outside to help protect your eyes.
- vacuum regularly and dust with a damp cloth
- Try to use a HEPA filter in your vacuum cleaner

Things to Avoid

- do not cut grass or walk on grass
- do not spend too much time outside
- do not keep fresh flowers in the house
- do not smoke or be around smoke – it makes your symptoms worse
- do not dry clothes outside – they can catch pollen
- do not let pets into the house if possible – they can carry pollen indoors

A PHARMACIST CAN HELP WITH HAY FEVER SYMPTOMS

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

Some antihistamines can make you very sleepy, so speak to your pharmacist about non-drowsy antihistamines if you need to

Check with the pharmacist that any hay fever medication is okay to take with any of your current medication

See a GP if:

- Your symptoms are getting worse
- Your symptoms do not improve after taking medicines from the pharmacy

Quick Summer Tips

- Drink plenty of water
- Wear sunscreen (SPF 30+)
- Order repeat medication before going on holiday
- Keep active but avoid strenuous exercise during the hottest part of the day
- Use your community pharmacy for advice on minor illnesses.