



# The Desborough & Hazlemere Surgery NEWSLETTER

[www.desborough.gpsurgery.net](http://www.desborough.gpsurgery.net)



@desandhazgp

## June 2016

### Your Doctors

Dr.N.Reidy  
Dr.P.Luque  
Dr.R.Chaudhry  
Dr.A.Ivanova  
Dr.N. Thevarkad  
Dr.T.Ngo

### Practice Manager

Philip Traynier  
01494-526006

### Deputy Practice Manager

Anthony Hari

### Reception Opening Times

8.30 to 6pm  
Monday to Friday

### Out Of Hours

**Call 999** in an emergency.  
Chest pains and / or shortness of breath constitute an emergency.

**NHS 111** service if you urgently need medical help or advice but it's not a life-threatening situation.

**Pharmacists** are trained experts in the use of medicines. They can advise you on the safe use of prescription and over-the-counter medicines. Lots of pharmacies are open until late and at weekends, which is useful if you start feeling unwell at 9pm and the local GPs are all shut.

**Are you a carer? Are you cared for? Please make sure that the staff in the practices are aware of this. Do you provide unpaid support to a relative, friend or neighbour who could not manage without you?** This could be due to their age, physical or mental illness, substance misuse, eating disorder or disability. If so, you are a Carer, and we would like to support you.

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK. Most carers are eligible for a free flu vaccination to protect themselves and the person they care for. Public Health England defines those eligible as: Those who are in receipt of a carer's allowance, or those who are the main carer of an elderly or disabled person whose welfare may be at risk if the carer falls ill.

**Please let reception know if you are a carer, thank you.**



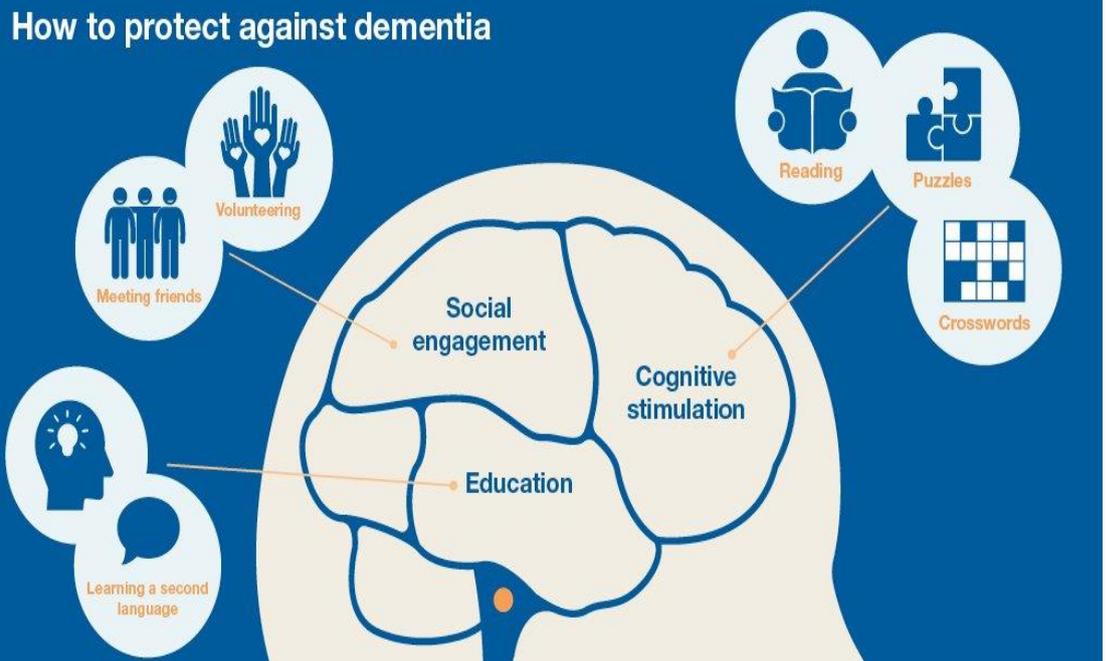
6 - 12 June 2016

Follow us on Twitter.  
To find us go to: **@desandhazgp**  
Twitter is easy to use, fast quick and chatty, linking you in to lots of national initiatives and interesting features.

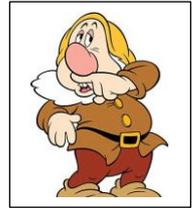


Public Health England Healthmatters Midlife approaches to reduce dementia risk

## How to protect against dementia



# HAY FEVER, HELP!



The hay fever season is with us all too quickly and can bring with it miserable symptoms for a lot of people in the spring and summer months, just when they want to be outside enjoying themselves! 1 in 5 people are affected with hay fever in the UK. Over the counter medications are available for self-treatment: Antihistamine tablets and syrup, nasal sprays and eye drops but a lot of things can also be done to manage hay fever at home and avoid common triggers. For example:

- ✓ Keep house and car windows closed especially when pollens are high: 7-9am and 5-7pm.
- ✓ Avoid large grassy areas (especially when they are being cut), woodland, pollutants and car fumes.
- ✓ Wear wrap-around sunglasses.
- ✓ Wash your hands and face and rinse your eyes when coming in from outside, even consider changing your clothes if necessary or appropriate!
- ✓ Wear glasses when doing housework if affected by dust.
- ✓ Don't dry washing outside to avoid pollen sticking to clean clothes.
- ✓ Consider pollen filters for air vents in cars/vans.

If everything fails and your symptoms overwhelm you, speak to a pharmacist.  
For more information go to: [www.nhs.uk/Conditions/Hay-fever/Pages/Introduction.aspx](http://www.nhs.uk/Conditions/Hay-fever/Pages/Introduction.aspx) or [www.patient.co.uk/health/hayfever](http://www.patient.co.uk/health/hayfever)



## REPEAT PRESCRIPTIONS

**Think ahead, do not leave it until the last minute when you have run out**

Allow at least 48 hours after ordering (not including weekends and Bank Holidays).  
You may be asked to make an appointment before being able to get your prescription

Some ways to order a repeat prescription;

- Repeat slip returned to the box in the surgery
- On line – *pre registration required*
- By letter – *include a SAE*
- Using a chemist of your choice to order and collect for you

## My Dear, I Love You

From one who has Alzheimer's, and yes it is hard  
Just for a moment, let me share from my heart.  
Please forgive me for the things that I say.  
If I were well, I would not be this way.  
Although I can't tell you, I'm so glad you are here.  
But I know you are hurting, cause I see your tears.

I wish I could tell you, what you mean to me.  
Could we please go back to what used to be?  
But no, we are here, and I'm a stranger it seems.  
Though I might wish otherwise, it's more than a dream.

Please, just remember, when I curse and yell,  
it's not really me that you see, just my shell.  
In spite of the difficult days we'll go through,  
this one thing is true...**my Dear...I love you.**

## Join our PPG

Would you like to have a say about the services provided at Desborough and Hazlemere Surgeries? By volunteering we can add you to a contact list that will mean you can be involved in shaping the surgeries future and help us thrive. **WOW!** One of the requirements of the group is to assist the practice with identifying areas for improvement. Suggestions from patients and visitors to the surgery are collated and presented for discussion between the group and the practice, with the intention of implementing changes wherever possible. Feedback and suggestions are gathered predominantly from responses to our Friends & Family questionnaire and to the GP National Patient Survey. **Ask at reception for more details.**