

June Article

Practice Current Position

As a practice we remain open from 08:00-12:30 and 13:30-18:00 and the only change is that we are no longer offering extended opening hours appointments (early mornings or evenings). We have moved to consulting with patients over the telephone, online or by video. If following this it is still felt that you need to be seen arrangements will be made for you to be seen in the most appropriate location (practice if you have no COVID symptoms and Loughborough Hospital if you have COVID symptoms).

Social distancing has been put into place within the practice and to minimise numbers within the practice we are asking any patients who have been asked to attend for an appointment to wait outside and come into the practice at their allotted time. All patients attending the practice will be greeted at the front door by a receptionist who will confirm that you do not have a cough or fever before entering the building.

There are a number of services that we have had to temporarily suspend and all details in relation to this is available on our practice website www.castlemedicalgroup.co.uk. As a practice we are reviewing this continually and will start to reintroduce services when it is safe to do so.

Treatment Room Team

We would like to welcome Jenny Dunn to the team as a Nurse Practitioner, Jenny has previously worked as a Practice Nurse and has upskilled to become a Nurse Practitioner, well done Jenny.



Hay fever Self Care

When it's warm, humid and windy the pollen count is at its highest. Hay fever is an allergic condition where the body's immune system overreacts to substances that are usually harmless, e.g. pollen from grasses, flowers, weeds or trees. The pollen causes the release of chemical called histamine from cells in the nose, eyes and airways, which cause inflammation.

Symptoms include:-

- Sneezing/coughing
- Runny/blocked nose
- itchy, red or watery eyes
- itchy throat, mouth, nose and ears
- loss of smell
- pain around your temples and forehead
- headache.



Hay fever can last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks. Many hay fever symptoms can be effectively controlled with **over-the-counter medication which can be purchased from your local pharmacy or supermarkets** e.g. nasal sprays, antihistamines, eye drops. There is no need for a Doctor's appointment.

For more information on how to minimise symptoms when the pollen count is high and when to seek advice please see our website www.castlemedicalgroup.co.uk

Carer's

If are helping to look after a partner, relative or friend who is ill or disabled by providing nursing or personal care and undertaking domestic tasks, you are likely to be a carer even if you don't think of yourself in that way. As a carer which includes young carers you also need support and there are a range of services available who can provide this, please check our

June Article

website for more information www.castlemedicalgroup.co.uk, if you would like a carer's pack please let our reception know.