

Claremont Bank Surgery

May 2018 Newsletter



Hay fever



Hay fever is a common allergic condition that affects up to one in five people at some point in their life. Some symptoms of hay fever include: sneezing, a runny nose and itchy eyes. The symptoms of hay fever are caused when a person has an allergic reaction to pollen. Treatment options for hay fever include antihistamines, which can help prevent an allergic reaction from happening and steroids which help reduce levels of inflammation and swelling. Many cases of hay fever can be controlled using over-the-counter medication available from your pharmacist. But if your symptoms are more troublesome it's worth speaking to your GP as you may require prescription medication.



CLAREMONT BANK WALKING GROUP

****Always the first and third Tuesday of the month****

60 minute walk, starting and finishing at Claremont Bank Surgery.

Meet at 10:30am



News for you:

Just to remind you, we do offer extended hours on a Monday evening (18:00 till 19:30). Please speak with reception for details.

If you order prescriptions before 11am, it will be ready for you after 2pm the same day.

Please ring between 2pm and 6pm to receive your results. We will only contact you if it is URGENT.

NHS HEALTHCHECK

If you are between the ages of 40 and 74 please contact the surgery on **01743 248244** to see you if you eligible for an NHS Health Check with Anne-Marie Stokes. The check should take about 20 minutes and is based on straightforward questions and measurements such as age, sex, family history, height, weight and blood pressure. There will also be simple blood tests to measure your cholesterol and if required glucose levels.

Princess House for blood tests

As of the 26th April at 15:15pm Princess House will be closing for blood tests. If you need a blood test, you will need to go to Elizabeth House which is located at Royal Shrewsbury Hospital

Drop in times for Elizabeth house are 08:45-11:45 & 13:00-16:30.

Patient aged 12 months to 16 years for non-fasting blood test can drop in Monday-Friday 12:00-13:00.

Patients aged 12 months to 16 years for a fasting blood tests are required to make an appointment by calling 01743 492265.

