

# Dr Johnston & Partners

## Patient Newsletter

### Spring 2020



Hello and welcome to our Spring newsletter.

We hope this newsletter is full of useful information to help you have an enjoyable Spring.

**You might be worried about coronavirus (COVID-19) and how it could affect your life. This may include having to stay at home and avoid other people.**

**This might feel difficult or stressful. But there are lots of things you can try that could help your well-being.**

**Some useful numbers and websites to get the help and support you need.**

**Ulverston self Isolation Group– 01229 357951**

**Mind– 01229 827094**

**Whether you're stressed, depressed or in crisis, we'll listen, give you support and advice, and fight your corner.**

**Citizens advice <https://www.southlakescab.org.uk/> 03444 111444**

**National Domestic Violence helpline 0808 200 0247**

#### **Have you changed address or mobile number?**

Please inform our receptionists if you have recently moved house or changed your contact details. It's extremely important that we have the correct contact information on your medical records.



# Hayfever



Hayfever is a common allergic condition that affects up to one in five people at some point in their life.

Hayfever can affect different people at different times of the year depending on your allergy.

You can have an allergy to:

- tree pollen, released during spring
- grass pollen, released during the end of spring and beginning of summer
- weed pollen, released late autumn

## **Medication for Hayfever?**

Due to new guidelines implemented, Hayfever now falls under the 'Self-Care Policy'.

What does this mean?

This has meant a change to the way GP Practices prescribe medications for minor short-term conditions such as Hayfever.

It is recommended to visit community pharmacies and local outlets including supermarkets who can offer a wealth of information on treating hayfever and can provide Oral antihistamines, nasal sprays and eye drops often cheaper than the cost of a prescription.

## **What can I do to help myself?**

Under the theme of 'Self-Care' there are also many Self-help tips that can make having Hayfever that little bit easier.

It's sometimes possible to prevent the symptoms of hayfever by taking some basic precautions, such as:

- Wearing wraparound sunglasses to stop pollen getting in your eyes when you're outdoors
- Taking a shower and changing your clothes after being outdoors to remove the pollen on your body
- Staying indoors when the pollen count is high (over 50 grains per cubic metre of air)
- Applying a small amount of Vaseline (petroleum gel) to the nasal openings to trap pollen grains

# DO YOU CARE FOR SOMEONE?

Do you look after a friend or relative?

Do you care for someone who would struggle to get by without you?

Does this sound like you? Then you could be entitled to financial and emotional support that you didn't even know existed. There is an abundance of help and support at your fingertips so just leave your details with a member of staff

## Positive Attitude Word Search

Y V S O P Q E E Z W C M H I Y  
L N E E M R D J I T G O I E O  
P J O Y L U O L C Z R D G V U  
P A K M T F L G X M Y E H I R  
U P M I R P D Q R F Z E E T S  
R Z T L O A E I H E B R N I E  
E T O W I O H V S B S F E S L  
A V E L K C J W I C B S R O F  
E R N O I T A V I T O M G P S  
P O W E R F U L P J P V Y S A  
X L J Z K G C K N E T E E G F  
Y T I L A U Q P M O A C C R I  
L M A T X X P Q O O C C F E Y  
V I C T O R Y K T U X S E N R  
W I I H X M K W S D B C R E S

ATTITUDE  
HARMONY  
LOVE  
PEACE  
POWERFUL  
PURE  
RECEPTIVE  
SUCCESS  
WILL-POWER

FREEDOM  
HIGH-ENERGY  
MOTIVATION  
POSITIVE  
PROGRESS  
QUALITY  
SELF-DISCOVERY  
VICTORY  
YOURSELF