**Park View Surgery Newsletter Summer 2024**

We are excited to share information about the NHS App, a convenient and secure way to access a range of NHS services on your smartphone or tablet.

**1. What is the NHS App?** - The NHS App is a simple and secure way to access a variety of NHS services. It allows you to book and manage appointments, order prescriptions, view your medical record, check your symptoms using the NHS symptom checker, register your organ donation preferences and access NHS 111 online for urgent medical advice.

**2. How to Get Started**

* **Download the App:** The NHS App is available for free on the App Store (iOS) and Google Play (Android). Simply search for "NHS App" and download it to your device.
* **Register:** Once downloaded, you will need to register for an NHS login. This involves verifying your identity using your email address, phone number, and a form of ID such as a passport or driving licence.
* **Link to Your GP Practice:** After registering, you can link the app to our practice by following the on-screen instructions. This will allow you to access your medical records and other services specific to Park View Surgery.

**3. Benefits of Using the NHS App – Convenience: Manage your health at your fingertips without the need to call or visit the practice.**

**24/7 Access: Access services and information at any time, day or night.**

**Secure: The app uses advanced security measures to protect your personal information.**

**4. Troubleshooting and Support** - If you encounter any difficulties while setting up or using the NHS App, our reception team is here to help. You can also find detailed guidance and FAQs on the NHS App website: [NHS App Support](https://www.nhs.uk/using-the-nhs/nhs-services/the-nhs-app/help/).

**Practice Updates**

* **Extended Hours:** We continue to offer appointments during our extended hours Monday - Friday from 6.30 pm to 8 pm to accommodate your busy summer schedules. This is part of our commitment to making healthcare more accessible to you. We also offer weekend appointments 9 am – 5 pm on Saturdays and 9 am – 12 pm on Sundays.
* **Flu Vaccinations:** Although it’s summer, it’s never too early to think about flu vaccinations. We will start offering flu jabs from September. Keep an eye out for further announcements and book your appointment early to avoid the rush.
* **Patient Participation Group (PPG)** We value your feedback and encourage you to join our Patient Participation Group. We would like the PPG to meet quarterly to discuss ways to improve our services. If you are interested in joining, please contact Joanna at 01772 972227.

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| As the warmer months approach, many of you may be experiencing the symptoms of hay fever. At Park View Surgery, we understand how challenging this can be and are here to provide you with helpful information and tips to manage your symptoms effectively.**1. Understanding Hay fever -** Hay fever, also known as allergic rhinitis, is caused by an allergic reaction to pollen. Symptoms can include sneezing, a runny or blocked nose, itchy eyes, and a cough. These symptoms can be particularly troublesome during the spring and summer months when pollen levels are high.**2. Managing Hay fever Symptoms*** **Medications:** Over-the-counter antihistamines can help relieve symptoms. These are available in various forms, including tablets, nasal sprays, and eye drops. If you are unsure which medication is right for you, please consult with your local Pharmacy.
* **Avoiding Pollen:** Try to stay indoors on high pollen count days, usually between 5 am and 10 am. Keep windows and doors closed and consider using an air purifier.
* **Protective Measures:** Wearing sunglasses can help protect your eyes from pollen. Applying a small amount of petroleum jelly around your nostrils can also help trap pollen

.* **Home Environment:** Regularly vacuum your home and wash your bedding to reduce pollen exposure. Dry clothes indoors rather than on a clothesline to prevent pollen from settling on them.
* **NHS Hayfever Advice:** For more detailed information on managing hay fever, visit the NHS website at [NHS Hayfever Advice](https://www.nhs.uk/conditions/hay-fever/).
* **Pollen Count:** Stay informed about daily pollen levels by checking the Met Office website or downloading a pollen count app.
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