

Newsletter July 2025

Hay fever

Hay fever causes itchy eyes, a runny nose, sneezing and coughing, a headache or pain around the sides of your head or forehead, loss of smell and feeling tired. There are ways in which you can reduce the effects of hay fever, and the NHS has advice on these: <https://www.nhs.uk/conditions/hay-fever/>

If you're sneezing more than talking lately, you're not alone! Hay fever (AKA allergic rhinitis) can really make the warmer months difficult. Here are some tips to help you cope during peak pollen season:

Wear sunglasses to protect your eyes

Keep windows closed during high pollen times

Shower and change your clothes after being outside

Antihistamines can help – talk to your GP or pharmacist if you're struggling

Find more help here: <https://www.nhs.uk/conditions/hay-fever/>

Dehydration

When the weather is very warm, you may be at risk of dehydration if you don't adequately replace the fluid you lose through sweating and peeing. Babies, children and older adults are most at risk.

You can help to minimise the risk of dehydration by ensuring you drink enough to keep your pee a pale-yellow colour.

There are some easy ways to increase your fluid intake with food too:

- Ice lollies
- Melon
- Cucumber
- Jelly
- Soup

Find more advice here: <https://www.nhs.uk/conditions/dehydration/>

Childhood immunisation

If your child is due immunisations after 1st July 2025, there will be a change to the timetable as the national schedule goes through the first phase of changes; the second will follow in January 2026.

Your baby will no longer receive the Hib/MenC vaccine at their one-year appointment

The second dose of MenB will be brought forward to 12 weeks

The first dose of PCV13 will be moved to 16 weeks

Find the full schedule here: <https://www.gov.uk/government/publications/routine-childhood-immunisation-schedule>

If you'd like more information, please speak to the Practice Nurse or your Health Visitor.

Weight loss drugs

We understand the media is reporting that Mounjaro is now available under the NHS; however, not all areas are able to offer this service at this time. As we are in an area where this service is not yet available, unfortunately we can't help with queries or requests for this at the present time.

Once this service does become available, it will be for only:

Patients over 18, with a BMI of 40+, or 37.5+ if you're from a Black, Asian or other minority ethnic background and have four or more weight-related health conditions, such as Type II diabetes, hypertension and heart disease.

Weight loss support is available (add any local offerings): <https://www.nhs.uk/better-health/lose-weight/>

Thank you for keeping our lines clear for those who need urgent medical help.

School holidays

A healthy diet is essential for growing children and we all know that kids love to snack!

During the summer holidays, if your children are entitled to free school meals, you'll be able to access free meals over the break.

Prescriptions

Going away this summer and on regular medication?

Please remember to order enough of your medication, at least five days in advance of your holiday. Running out of regular medication where you're unable to source more could cause serious side

effects, and could make you very unwell.

Remember if you're going aboard to keep your meds in their original containers with all their labels. Enjoy your holiday; request your medication early!

Group B Strep Support Awareness Month (1st - 31st July)

Do you know what Group B Strep is? It's vital for every expectant parent to know about Group B Strep.

Group B Strep (GBS) is a common type of bacteria that can cause serious infections in newborns, but with the right awareness and care, it's usually preventable.

Raising awareness could help to save a life. Learn more here: <https://gbss.org.uk/info-support/about-group-b-strep/>

UV Safety Month (1st - 31st July)

The sun is at its strongest between 11am and 3pm from March to October. While you might like to sit out, it's important to consider your health.

Ultraviolet rays can damage our skin and eyes, and while it's great to be outdoors, consider reducing your exposure to UV with these tips:

Wear sunglasses with UVA and UVB protection

Wear protective clothing (e.g., a sun-safe, long-sleeve top)

Use SPF30 or higher

You can read additional sun safety information here: <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

Good Care Month (1st - 31st July)

Life as a carer can be complex, with challenges faced on a daily basis. Supporting carers ensures that the people they care for can stay at home where possible. It's really important, if you're a carer, that you let us know so we can care for you while you care for others.

Good Care Month spans the whole of July and aims to not only celebrate healthcare workers from the social sector, but to acknowledge their hard work, as well as those who care for people in their homes and communities.

Find out more about support here: <https://www.carersuk.org/>

Alcohol Awareness Week (1st - 7th July)

Around 10 million of us are regularly drinking alcohol in ways that can harm our health. The theme for this year's Alcohol Awareness campaign is 'Alcohol and Work' to encourage conversations and awareness about the relationship between alcohol consumption and the workplace.

Some will manage work stresses by using alcohol as a way to try to cope. The reality is that drinking alcohol as a way to try to manage our stress and anxiety can worsen our symptoms and prevent us from performing well.

Realising you have a problem is the first step to getting help: <https://www.nhs.uk/live-well/alcohol-advice/alcohol-support>

If you'd like help with alcohol, speak to us or look here: <https://alcoholchange.org.uk/help-and-support/get-help-now>

National Bereaved Parents Day (3rd July)

National Bereaved Parents Day exists to raise awareness for all the parents who have lost a child of any age, to keep conversations going and to support those who shouldn't have had to say goodbye so soon.

South Asian Heritage Month (18th July - 17th August)

South Asian Heritage Month celebrates people with roots in the South Asian countries of India, Pakistan, Bangladesh, Sri Lanka, Afghanistan, Nepal, Bhutan and the Maldives.

The 2025 theme is 'Roots to Routes', embracing each individual's unique story shaped by their roots and the routes travelled to get to where they are today.

Samaritans Awareness Day (24th July)

On Samaritans Awareness Day, remember you're never alone. Whether you're struggling or supporting someone who is, help is always just a call away. Let's break the stigma around mental health and start real conversations.

Samaritans are available 24/7; whenever you need them, someone will listen. You can call or message day or night. Call 116 123 or email jo@samaritans.org

International Day of Friendship (30th July)

Celebrate the International Day of Friendship and the people around us who bring joy, laughter and strength into our lives – our friends!

Remember to let those around you know how much they mean to you. It can bring a smile to their face on this #InternationalDayOfFriendship



In June 135 patients failed to attend appointments here

**22.5
HOURS
WERE
MISSED**

**Equivalent
to
6.5 GP
Clinics**

**135
PATIENTS DID
NOT ATTEND**

If you are unable to attend **always** cancel your appointment



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