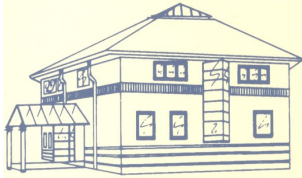


Patient Newsletter

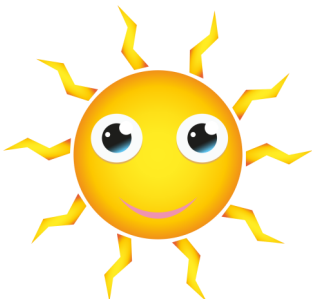


TRAINING DAYS

Tuesday 3 June
Wednesday 16 July

GLMC will be closed
from 1pm until the
following morning at
8am to allow for
staff training.

***In an emergency
please telephone
NHS 111***



***Hayley Brassington
Business Director
Summer 2025***

SPRING COVID BOOSTER CAMPAIGN

The clinics for the Spring Booster COVID Vaccinations have now concluded. The practice held a number of mid-week clinics throughout April & May. Uptake was excellent and we vaccinated a total of 390 patients during these clinics.

Thank you to all our patients who attended the clinics and to our staff who helped organise these clinics.

If you believe you are eligible and didn't manage to attend one of our clinics you can book online up until the 16th June which is when the Spring campaign will conclude.

NHS HEALTH CHECKS

If you are aged 40 to 74 and do not have a pre existing health condition, you are eligible for a FREE NHS health check at your GP practice. The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems such as:

- Heart Disease
- Diabetes
- Kidney Disease
- Stroke

If you think you are eligible but don't think you have been invited by us, please speak to Reception about getting you booked in. The health checks are done by the nursing team.



PATIENT **Champion** **Meeting**

The Patient Champions Group allows patients to engage with the practice and become more involved.

The next meeting will be 12-1pm on 5 June 2025 at Northgate Village Surgery.

If you would like to join the next meeting, please contact pcnchestercentral@nhs.net



HAY FEVER

Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it, but there are things you can do to help your symptoms, or medicines you can take to help.



A pharmacist can help with hay fever

Speak to a pharmacist if you have hay fever. they can give you advice and suggest the best treatments to help with symptoms, such as:

- antihistamine drops, tablets or nasal sprays
- steroid nasal sprays

Some antihistamines can make you very sleepy, so speak to your pharmacist about non-drowsy antihistamines if you need to.

Please note we are getting an increasing number of enquiries about the 'Hayfever Injection', however this is not licensed on the NHS so your GP cannot prescribe this.

To sign up to receive our Patient Newsletter by email each time it is published, simply go onto our website (as below), scroll to the bottom to the 'Keep up to date with the latest practice news' section and fill in the mini form. Each time a new Patient Newsletter is published you will then automatically be sent a copy via your email.

WEBSITE ADDRESS—www.gardenlanemedicalcentre.co.uk