

Horndean Surgery Patient Group Spring/Summer Newsletter

New Partners

Dr Mark Coombe is pleased to announce that Dr Jenny Allinson and Dr Ben Allured have become full time Partners.

Both Dr Allinson and Dr Allured have worked at the Practice for a number of years and are delighted to have joined the Partnership.

We would like to reassure you that the change in Partnership will not affect any patient registration details. This is because Patients' are registered with the Horndean Surgery and not individual Doctors.

New Staff

Due to the recent retirement of our Lead receptionist and Data Administrator we have recently recruited 2 new members of staff, Debbie and Clare. Both come to the Practice with some primary care experience and we look forward to working with them in the future.

We would like to say a huge thank you to Irene and Lyn for all the hard work and commitment they have shown to the practice over the past 5 – 10 years and wish them all the very best for the future.

Extended hrs

The Horndean Surgery currently opens for a few hours each week to allow patients, who find it difficult to attend normal surgery times, make an advanced routine appointment to see a Dr

We are keen to establish if the current additional opening hrs are beneficial to our patients. Therefore during May we will be asking patients who attend the surgery to complete a short questionnaire.

If you have any preferences to the extended hours we offer and you would like to be involved please ask reception for a copy of the questionnaire and hand it back to the Practice by the 16th May. Copies of the questionnaire can also be downloaded from our website.

Thank you.

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Hay fever

Hay fever is a type of [allergic rhinitis](#) caused by pollen or spores. Allergic rhinitis is a condition where an allergen (something that causes an allergic reaction) makes the inside of your nose inflamed (swollen).

Hay fever affects the nose, sinuses (small air-filled cavities behind your cheekbones and forehead), throat and eyes. It causes sneezing, a runny nose, and itchy eyes.

Hay fever usually occurs in spring and summer, when there is more pollen in the air. Trees, grass and plants release pollen as part of their reproductive process. Mould and fungi also release tiny reproductive particles, called spores.

People with hay fever can experience their symptoms at different times of the year, depending on which pollens or spores they are allergic to.

Allergic rhinitis can be classified as either intermittent or persistent, depending on how often people experience their symptoms (see box, left)

Allergic reaction

The symptoms of hay fever occur when the immune system (the body's defense system) overreacts to a normally harmless substance, in this case pollen. When the body comes into contact with pollen, cells in the lining of the nose, mouth and eyes release a chemical called histamine. This triggers the symptoms of an allergic reaction.

Outlook

Hay fever cannot be cured completely, but there are a number of treatments available to relieve the symptoms. These include antihistamine tablets, nasal (nose) sprays and eye drops. Some can only be prescribed by a GP, but many are available over-the-counter (OTC) in pharmacies.

If you would like more information on hay fever, leaflets are available at reception or visit our Website at www.Horndeansurgery.co.uk

Horndean Surgery Patient Group is always looking for members.

If you are a patient at the practice and would like a chance to have your say in how the surgery is run or have suggestions on how to improve the service you get, please consider coming along to one of the regular meetings held at the surgery. For more information please email g.denby@ntlworld.com

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