PATIENT PARTICIPATION GROUP (PPG)

**The Centre Practice**

NEWSLETTER - Summer 2024 (issue 3)

**Hello** and Welcome to issue 3 of our newsletter from the PPG members at the Fareham Centre Practice. We are a group of volunteer registered patients at the practice and our aim is to represent patient voices at the practice and to let you know any practice updates.

Do you have any improvement ideas to help improve the service you receive or concerns about the surgery that you would like to be discussed by the members. If so, please email tracy.carter6@nhs.net or write a letter for the attention of the PPG Chair at the Fareham Centre Practice.

To join your PPG, please ask at reception or go onto The Centre Practice website and complete the form. We look forward to hearing from you.

**Today’s contents**:

1. Dementia Friendly Initiatives
2. Hay fever and treatments
3. Sunscreen and safety

**1. Dementia Carers - Can you help?**

We would very much like to hear from you if have dementia or you are caring for someone with dementia.

Within the PPG we have been discussing how our practice cares for our patients with dementia. We would like to collect views from you and or your carer about the quality of care, communication and facilities at the Centre Practice.

We would really appreciate if you could feedback on our performance. We want to improve, and we know your feedback will help us do that.

Your views will also feed into a Dementia Friendly survey at the Practice in the near future.

Thank you.

To feedback please write to The PPG Chair C/O The Centre Practice or request to meet one of the PPG Group members.

**An early diagnosis** of dementia can help a person get information, advice, and support, and enable them and their family to plan for the future. It can also rule out other areas of confusion. The practice has an excellent leaflet which tries to separate “normal” aging memory loss issues from more serious ones which may indicate further investigation is necessary. For more information and support please pick up a leaflet in the reception area or you can go to the following links for more information:

Alzheimer's Society - <https://www.alzheimers.org.uk/>

National helpline 0300 222 11 22 open weekdays 9am - 5pm or at weekends 10am - 4pm

The Alzheimer’s Society Hampshire - 02392 892034

Dementia society [www.dementiauk.org](http://www.dementiauk.org) - Dementia Helpline 0800 888 6678

Dementia friends [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)

If you are a Carer you can self-refer to Admiral Nurses who provide specialist nurse intervention, support and advice via phone or email.

 0800 888 6678

 helpline@dementiauk.org

**Hay fever and treatments**

As we all know 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.

Symptoms include:

* sneezing and coughing
* a runny or blocked nose
* itchy, red or watery eyes
* itchy throat, mouth, nose and ears
* loss of smell
* pain around the sides of your head and your forehead.
* headache
* feeling tired

Symptoms are usually worse between late **March and September**, especially when it's warm, humid and windy. This is when the pollen count is at its highest. Hay fever can last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks. *A pharmacist can help with hay fever,* such as providing:

* [antihistamine](https://www.nhs.uk/conditions/antihistamines/) 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.

*Further information on dos and don’ts if you suffer from hay fever on the following NHS site*: <https://www.nhs.uk/conditions/hay-fever/>

**Sunscreen and safety**

We need the sun to enable us to get vitamin D, but we need to be sun safe because Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects. Aim to strike a balance between protecting yourself and getting enough vitamin D from the sunlight.

Make sure you:

* spend time in the shade between 11am and 3pm (March to October)
* never burn.
* cover up with suitable clothing and sunglasses.
* take extra care with children.
* use at least factor 30 sunscreen.

**Sunscreen**, what to look for:

When buying sunscreen, the label should have:

* a sun protection factor (SPF) of at least 30 to protect against UVB.
* at least 4-star UVA protection. UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.

Make sure the sunscreen is not past its expiry date. Do not spend any longer in the sun than you would without sunscreen.

For further information go to the following link: https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/

Your feedback is very important to us. If you have any improvement ideas to help enhance the service you receive, or concerns about the surgery that you would like to be discussed by the members, please email tracy.carter6@nhs.net or write a letter for the attention of the PPG Chair at the Centre Practice.

Join your PPG, if you would like to join, please ask at reception, or go on to the website and complete the form. We look forward to hearing from you.