



Frithwood Surgery

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FRITHWOOD SURGERY PPG NEWSLETTER

SUMMER 2017

HAY FEVER

Hay fever is one of the most common allergic conditions, affecting an estimated 13 million people in the UK. That means that up to one in five people will suffer from it at some point in their life.

Hay fever is an allergic reaction to pollen. This fine powder released by plants contains a protein which can inflame the nose, eyes, sinuses and throat, causing sneezing, a runny nose and itchy eyes.

Different pollens can cause symptoms at different times of the year: typically, tree pollen in spring, grass pollen late spring to mid-summer and weed pollen mid-summer to autumn. The weather can affect the "pollen count". It will be high on sunny, windy or humid days and lower on rainy days.

Sufferers often have a family history of hayfever, and the condition is associated with asthma and eczema.

Exposure to cigarette smoke will aggravate the situation.

There is no cure for hay fever, but symptoms can be relieved by certain measures. It is really hard to avoid pollen altogether, but it's a good idea to steer clear of grasslands and woodlands when pollen counts are really high.

Antihistamines, available over the counter at the chemist, can be very effective and modern ones minimise the risk of sedation.

If antihistamine treatment is inadequate, then steroid eye drops and steroid nasal sprays can be used. Steroid tablets can be prescribed for the most severe cases, but this form of treatment can cause serious side effects and is best avoided if possible.

STAFF CHANGES

Say hello to:
Receptionists Sarah Bolton and Donna Stafford and GP Registrar Dr Drew Ingles, who starts on August 2.

FETE AND FLOWER SHOW FUN

Popular retired GP Dr Pat Pearson will be coming to Bisley on Saturday August 26 to perform the opening ceremony for its annual fete and flower show. The gates open at the Show Field, off Cheltenham Road, at 1pm and Dr Pat will crown the flower queen and declare the event open at 2pm.

LUNCH DATES

If getting out, meeting new people and enjoying good food sounds like a great way to spend a lunchtime, Frithwood Youth Centre is the place to be every Tuesday.

Chalford councillor Debbie Young has set up a new social initiative that's open to all, with no age or any other restrictions.

Three course lunches cooked from scratch by people who care about good food are served from noon every Tuesday, and all for £5.

For more details call 01453 887565

FEEDBACK - We would love to hear from you on any aspects of the Newsletters or the services you receive from the surgery. If you have questions or ideas that could benefit our readership, please use the 'Suggestion Box' at the surgery reception or 'e' mail frithwood.enquiries@nhs.net or call 01453 882868.

WALKING OPPORTUNITIES

Twice monthly health walks have attracted a number of regular attenders, but we would dearly like to see more patients out walking.

The walks are open to all but specifically aimed at those whose mobility is impaired to a degree either through a long term condition or those who may be recovering from an acute illness.

With this in mind our standard walk is approximately one mile in length and as flat as we can manage given our hilly environment.

It takes a route from Frithwood Surgery, through Frithwood itself, across the recreation field and looping through Old Bussage and back to the surgery.

Our latest initiative is to have some "Away Days" and our recent trip to Minchinhampton Common was a success. The idea remains to have a walk that is as flat as possible. The advantage of the Minch Common walk is that it is possible to have a cup of tea at the end of the walk with a bit of a chat and social interaction - all very important.

All walks, be they home or away, start at 2pm on alternate Wednesdays from Frithwood Surgery and all comers are welcome. Summer's here - let's get going!

The next dates are: Wednesday August 2, Wednesday August 16 and Wednesday August 30.



RONAN'S TRUST

Charity Reg. No. 1166850
Embracing Family Bereavement

Woodland Workshops for Bereaved Families

Learn how to make simple slab wood benches to go into Querns Wood to enable people to sit and remember those they have loved, and make bird and bat boxes to take home.

Ronan's Trust has arranged two days for people of all ages who have suffered close family bereavements.

Querns Wood in Cirencester is the venue for:

- Making benches on Wednesday August 9
- Making bird and bat boxes on Thursday August 10. Both days run from 10am to 3pm.

Booking is essential on 07757 710616 or ronanstrust.org@gmail.com

Ronan's Trust thanks Cirencester Town Council for its help.

DEMENTIA STUDY

An international study has identified nine factors that contribute to the risk of dementia: mid-life hearing loss (9%); failing to complete secondary education (8%); smoking (5%); failing to seek early treatment for depression (4%); physical inactivity (3%); social isolation (2%); obesity (1%) and type 2 diabetes (1%). Experts say early action could improve life in the future. Source: The Lancet.

FRITHWOOD FACE



Name: Dr Will Natrass **Job:** GP Partner

What I do: I work with other GPs to help look after the health needs of 6,800 people. We provide advice for a range of ailments and help manage chronic diseases and physical and mental conditions. We also provide urgent care assessment for acute medical conditions before transferring patients to hospital or other teams as appropriate.

Why my work is important: I believe in the National Health Service and the principle that everyone has a right to health care. General practice holds a pivotal role in joining the needs of the community with hospital specialists at the right time. Nowadays we successfully manage more chronic disease, such as diabetes, chronic obstructive pulmonary disease (COPD) and asthma, which means patients don't need to travel to Gloucester or Cheltenham regularly and have much more personalised care. We work closely with a multi-disciplinary team of dementia nurses, physios, mental health workers, specialist nurses, occupational counsellors and social workers.

Top health advice: Identify stress early and do something about it, and find an exercise you enjoy - and someone to do it with.

Most frequent thing you hear: "Oooh, when Dr Crouch/Tim was here...!"

Favourite way to exercise: Before: throwing haybales or playing rugby; now: cycling

When I'm not working: I love spending time with my wife Nishi and 19-month-old daughter and we have a baby due in January. I get involved with home improvement, wood cutting and digging, and I enjoy, cycling, trail bike riding and eating.

Most surprising fact about me: My Body Mass Index is 27 - technically overweight - but with the amount I eat it should be higher!

Favourite sport: World Rally Championship - watched from a grassy bank in North Wales

