

# Self Care Newsletter

Spring 2018



Upton Surgery



PERSHORE  
MEDICAL  
PRACTICE



Abbotswood  
Medical Centre

## Move to Improve



Support  
Recovery  
Fitness  
Healing  
Exercise  
Patient

Rehabilitation  
Therapy  
Bones  
Tendons  
Muscles  
Joints

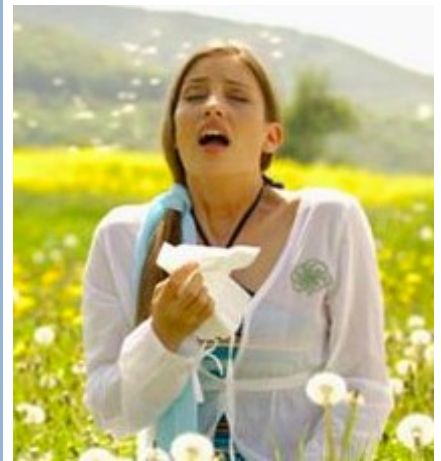
Empower  
Self-management



Did you know that you can self-refer to our South Worcestershire Community MSK Therapy service? The service helps restore movement and function to as near as normal as possible as a result of injury, illness or other disability.

To self-refer visit our self-help website:

[www.hacw.nhs.uk/movetoimprove](http://www.hacw.nhs.uk/movetoimprove)



## Bless you!

Hay fever is an allergic reaction to pollen, typically when it comes into contact with your mouth, nose, eyes and throat.

A pharmacist can help with hay fever. They can give advice and suggest the best treatments, like antihistamine drops, tablets or nasal sprays to help with Itchy, watery eyes, sneezing and a blocked nose.

Our Clinical Commissioning Group has made the decision that over the counter antihistamines can no longer be prescribed unless for an unlicensed indication, such as pregnancy or if breastfeeding.

Please make your local Pharmacy your first stop for help with your Hay fever symptoms.

## Self-care with asthma (taken from [www.nhs.uk](http://www.nhs.uk))

Things you can do to help yourself

- ◆ Use your inhaler correctly
- ◆ Use your preventer inhaler or tablets every day
- ◆ Check before taking other medicines
- ◆ Don't smoke
- ◆ Exercise regularly
- ◆ Eat healthily
- ◆ Get vaccinated
- ◆ Identify and avoid your triggers

 **May 14th to May 20th is Sun Awareness Week** 

⇒ **Put on sunscreen**

⇒ **Wear a hat**

⇒ **Cover your skin**

⇒ **Stay in the shade**

**Visit your local pharmacy for advice and supplies of sunscreen and spread the word of Sun Safety and the dangers of over exposure.**



### Primary Eyecare Acute Referral Scheme (PEARS)

PEARS is a free service available to all patients registered with a Wyre Forest or South Worcestershire GP.

The service provides patients experiencing recently occurring medical eye conditions with appropriate treatment closer to home. These conditions include

- Reduction in vision in one or both eyes
- Red eye(s)
- Pain and/or discomfort in the eyes, around the eye area or temples
- Recent onset or sudden increase of flashes and/or floaters in one or both eyes
- Suspected foreign body in the eye

The service is provided by local optometrists with the specialist knowledge and skills to carry out this work at a locally approved opticians.

If you are unsure whether your symptoms qualify, please contact one of the approved opticians who can advise you.

Opticians that provide this locally are:

Waller and Waller - 65 High Street, Pershore. WR10 1EU—01386 552505

Peter Smith—14 High Street Pershore. WR10 1BG—01386 553922

John and Diane Miller—Chartwell House, Malvern. WR14 2AZ—01684 564766

Tromans Family Eyecare—255 Worcester Road, Malvern, WR14 1AA—01684 565145

Holland Opticians—16 Graham Road, Malvern. WR14 2HL—01684 573942

Waller and Waller—Lambert House, Edith Walk, Malvern. WR14 4QH—01684 892727

### Family Front Door

Worcestershire Family Front Door is the initial point of contact for Children's Social Care Services in Worcestershire and they provide support and advice for families with children aged 0-19 and up to the age of 25 years for those with a disability.

If you need advice or support you can refer your child directly by completing online forms and a member of the team will get back to you.

Access the 'cause for concern' form via the following website

[www.worcestershire.gov.uk/info/20223/support\\_for\\_children\\_and\\_families](http://www.worcestershire.gov.uk/info/20223/support_for_children_and_families)

Children's Social Care—Family Front Door team

01905 822666

Monday to Thursday 8.30-5pm

Friday 8.30 to 4.30pm

For assistance out of office hours (weekends and all day at weekends and Bank Holidays please contact 01905 768020)

