



Surviving The Streaming-Sneezing-Wheezing Season

The pollen season has started. Hazel, yew, alder and willow spread allergens starting in February. Between now and late August all those lovely trees and plants in the Chilterns will be giving people itchy watery eyes, sneezes and wheezes. Most people really suffer in June, July and August when grass pollen blows around.

If you're booking a holiday, there's less pollen at the seaside than inland. Any hay fever medication should be started now.

You can buy antihistamine eye drops, tablets, nasal antihistamines and steroids over the counter from the pharmacy. They are usually at a lower cost than on a prescription.

If you have asthma, don't stop taking your inhaled steroid. Remember that thunderstorms make pollen counts rise. So keep your reliever inhalers for asthma to hand.



Prevention is better than a cure.

- Wear wrap- around sunglasses.
- Avoid being outdoors in the early morning and evening when the pollen count is higher.
- Avoid walking through fields, and cutting grass.
- Close windows.
- Change and shower after being outside, and damp dust inside your home.
- Avoid alcohol ! It contains histamines and will make matters worse.

You can keep an eye on the pollen count at the Met Office website:

<http://www.metoffice.gov.uk/health/public/pollen-forecast>

Easter Fun!

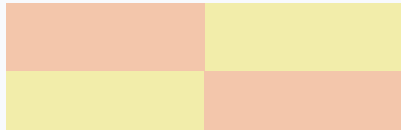


For more information on how you can get involved with the Patient Reference Group:

Come and meet us at one of our regular Meet The PRG sessions (next dates Tues 6th June 2pm –4pm and Thurs 8th June 2pm—4pm) or email us directly at cherrymeadprg@gmail.com.

Cherrymead Surgery Patient Reference Group

cherrymeadprg@gmail.com



Cherrymead Chat



Spring 2017

e-mail : cherrymeadprg@gmail.com



Stan Grierson - Our PRG Chairman



**Stan Grierson
1939 - 2016**



It is with great sadness that we are informing you of the loss of our first PRG Chairman, Stan Grierson. Stan was a Vulcan pilot and had an ongoing interest in flying. He was a keen skier, walker and hill climber. He eventually went into business locally. Many of you will remember The Glass Mountain on Treadaway Hill, an Aladdin's cave of beautiful crockery and glass. He was also chairman, for many years, of Sharesoc, the UK Individual Shareholders Society.

We were fortunate when he agreed to join our Patient Reference Group nearly twelve years ago, and became its first Chair. He guided us through our Meeting Agenda. He allowed all members to speak as long as they needed, but moved us seamlessly through the items. He also managed to finish meetings on time without once looking at a clock.

Stan's questions were always to the point. He drew on his knowledge of business to make sure that the complexities of NHS contracts were made clear to everyone present. He was very keen for us to use plain English, at meetings, in our newsletter and on the Practice website. He was not afraid to point out gobbledegook and jargon when he saw it. He was highly knowledgeable about local community affairs and always knew whom we could contact for advice about any issue.

The PRG went into hibernation for a short period while changes were taking place at the Surgery. Stan's view was that the PRG was there to support Cherrymead Surgery in delivering patients services. Even while not in post, he continued to advise, question, and encourage us to make improvements and to innovate. In due course, he volunteered to help us with Practice Manager recruitment, lending his knowledge of business, law, and man management to us with great success.

Stan continued to remind us that we needed to get the PRG running again. We were delighted when he agreed to return as Chairman. He worked tirelessly on behalf of the Surgery and in promoting the PRG. When he had to step down for personal reasons, he astutely recommended his successor, Chris Ransted, and Les Taylor as Secretary. Stan continued to attend meetings for some time, eventually retiring due to illness.

In appreciation of Stan's contribution to patient services we have decided to call the office area upstairs "The Stan Grierson Suite".

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Easter Opening

Cherrymead Surgery will be closed from 6:30pm on Thursday 13th April. We will re-open as usual on Tuesday 18th April

Mon 10th April	08:00 – 18.30
Tues 11th April	08:00 – 18.30
Weds 12th April	08.00 – 18.30
Thurs 13th April	08:00 - 18:30

Fri 14th April	CLOSED
Sat 15th April	CLOSED
Sun 16th April	CLOSED
Mon 17th April	CLOSED

Tues 18th April	08:00 - 18.30
Weds 19th April	08:00 - 18.30
Thurs 20th April	08:00 - 18.30
Fri 21st April	08:00 - 18.30

Please will you ensure you have enough medication to last over the Easter weekend and that any routine medical issues you have are dealt with before 1pm on Thursday 13th April

Dates for your diary

Information Afternoon

Tues 16th May 2017 2pm
Carers Bucks

Meet the PRG:

Tues 6th June 2pm –4pm

Thurs 8th June 2pm—4pm

