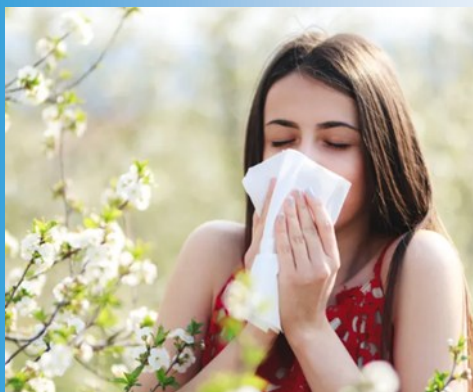




Prentis
Medical
Centre

ISSUE 2 SPRING NEWSLETTER

Helping You Stay Healthy This Spring



Managing Hay Fever: Tips for Self-Care

Spring brings blooming flowers and for many, hay fever. Common symptoms include sneezing, itchy eyes, and a runny nose.

Dealing with Hay Fever? You're Not Alone!

Springtime allergies can be tough—but there are simple ways to manage symptoms at home:

Stay Indoors: Keep windows closed during high pollen times.

Clean Up: Shower and change clothes after being outside.

Use Medications: Antihistamines, nasal sprays and eye drops can help; consult your pharmacist as treatment available from your pharmacy without a prescription.

Monitor Pollen Levels: Check daily forecasts to plan your activities.

If symptoms persist, speak with your pharmacist or GP for further advice

Pharmacy First: Quick Help for Minor Illnesses

Did you know your local pharmacy can assist with common health issues without a GP appointment? The Pharmacy First scheme offers advice and treatment for:

Earache (ages 1–17)

Impetigo (ages 1+)

Infected insect bites (ages 1+)

Shingles (ages 18+)

Sinusitis (ages 12+)

Sore throat (ages 5+)

Urinary tract infections (women aged 16–64)



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Meet Your Healthcare Team: First contact musculoskeletal practitioner & Social Prescriber

At Prentis Medical Centre, we're here to support your overall well-being.

First Contact Physiotherapist (FCP)

Experiencing muscle or joint pain? Our FCP can:

Assess and diagnose issues

Provide expert advice

Refer you for further treatment if needed

You can book an appointment directly—no GP referral required.

Social Prescriber

Health isn't just physical. Struggling with stress, isolation, housing, or finances? Our Social Prescriber is here to connect you with local services and support that can make a big difference.

Our Social Prescriber can help with:

Managing stress or anxiety

Combating loneliness

Accessing community groups

Finding support for housing or financial concerns

They'll work with you to create a plan that suits your needs.

Get in Touch

For appointments or more information: please visit our website and complete an online request.

Website: <https://www.prentismedicalcentre.nhs.uk/>



Stay healthy and enjoy the spring season!

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the NHS App!**



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