



## Hayfever and antihistamines - National change in prescribing policy

NHS England has issued guidance stating that medications for hayfever (antihistamines and nasal sprays) can **no longer be prescribed** by the NHS and must be obtained by **purchasing** them **over the counter** at your local pharmacy.

This means we are no longer able to prescribe these medications, and they will be removed from repeat prescriptions. It is recommended that sufferers of hayfever seek advice from their local pharmacy on managing their symptoms.

Any patients contacting the practice regarding hayfever will be directed to the pharmacy. **This guidance has been issued by the NHS, and we appreciate your understanding.**

## Join us at Wendover Parkrun - Celebrate the NHS with us!

Did you know we're an accredited Parkrun Practice? Whether you walk, jog, run, or volunteer, Parkrun is a fantastic way to **kick-start your Saturday**.

It's great for your physical and mental wellbeing, and a lovely opportunity to enjoy the fresh air and meet new people.

We'll be at **Wendover Woods Parkrun** on **Saturday 5th July to celebrate the NHS's 77th birthday**—and we'd love you to join us!

- 📍 Meet us at 8:30am – the event starts at 9am.
- 👀 Look out for the Westongrove team and our big banner!

For details, visit:

[www.parkrun.org.uk/wendoverwoods](http://www.parkrun.org.uk/wendoverwoods)



# Patient Newsletter

Our monthly newsletter keeps you up to date with what is happening here at Westongrove and raises awareness of current health and wellbeing issues.

## Opening hours

In accordance with NHS England's Enhanced Access standards, our doors are open 08:00-18:30, with phone lines available 08:00-13:00 and 14.00 – 18:30.

We also offer appointments in extended hours up to 8pm on week days and Saturday mornings 8am – 12noon.

Find out more:

🌐 [westongrove.co.uk](http://westongrove.co.uk)  
 📘 @westongrovepartnership

## Got an admin question or query?



Please fill in our online form available on our website [www.westongrove.com](http://www.westongrove.com) via the administration query box:

- Letters
- Referrals
- Changing your details
- Online access queries
- NHS App questions
- Forms
- Requesting information or telephone numbers.....plus lots more!

## 24/7 text service for mental health support

**Urgent mental health support** is now available by text message to people of all ages **across Buckinghamshire and Oxfordshire.**

The service provided by Oxford Health NHS Foundation Trust offers **free, confidential, 24/7 support** for anyone struggling to cope.

Anyone experiencing anxiety, stress, loneliness, depression,

self-harm, suicidal thoughts, or other mental health challenges can **text the word 'SUNRISE' to 85258 at any time of day or night** - and get connected to a mental health professional.

It is a simple, straightforward way to get support when people need it most. Find more details here: [oxfordhealth.nhs.uk](https://oxfordhealth.nhs.uk)

**Text 'SUNRISE' to 85258**  
Free, confidential, 24/7 support

## Weight Loss Injections

We are not able to prescribe weight loss injections in primary care.

These drugs are only prescribed for patients with Type 2 diabetes, under the guidance of a specialist, after other options have been explored.

Some private pharmacies may offer a weight management clinic, inclusive of weight loss injections.

## Neuro-inclusion passport



Berkshire Healthcare NHS has launched a

Neuro-Inclusion Passport—a one-page form to help neurodivergent people share how they work best. For those with autism, ADHD, dyslexia, or other neurodivergence—diagnosed, self-identified, or on a waiting list, search [Neuro-inclusion passport](#) for more information.

## New therapy service contact

Buckinghamshire Healthcare NHS Trust has launched **BHT Therapy Link**—a quick way for families and schools to contact physio, occupational therapy, and speech & language therapy teams.

Text 07312 263754 to reach a therapy link worker (reply within 2 days). For more info: Visit [buckshealthcare.nhs.uk/](https://buckshealthcare.nhs.uk/)



May is skin cancer awareness month. Now that the weather is heating up, we want to remind everyone to stay sun-safe with these tips from the British Skin Foundation.

**Keep yourself and your family protected this summer with these simple steps:**

- **Cover up:** Wear UPF clothing, a wide-brimmed hat, and UV-protection sunglasses.
- **Apply sunscreen:** Use SPF 30+ on exposed skin and reapply every 2 hours or after swimming/sweating.
- **Seek shade:** Especially between 11am–3pm when the UV index is highest. Keep babies and young children out of direct sunlight.



Learn more about how to protect your skin this summer at [britishskinfoundation.org.uk/sun-safety](https://britishskinfoundation.org.uk/sun-safety)  
X @BSFcharity

## Practice training dates



BOB Integrated Care Board provides cover for all practices to close between 1-6.30pm once a month (except August and December) for team training.

Should you need urgent medical assistance between 1pm and 8am the following morning call 111 or 999 if it is an emergency.

**The dates that we will be closed in 2025 are:**

- Wednesday 11th June
- Tuesday 15th July
- Thursday 18th September
- Wednesday 15th October
- Tuesday 18th November