

Alton Street Newsletter



World Blood Donor Day

The 14th June was world blood donor day.

This is to raise awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life saving gifts of blood.

There is currently an urgent blood donor appeal for O negative, B negative and A negative. If you are in a position to give blood please visit www.blood.co.uk to find available appointments.



NHS App

The NHS App lets you order repeat prescriptions, view your GP medical records, access NHS 111 online and gives you access to a range of other NHS services.

Please access the link below for help and advice.

www.nhs.uk/nhs-app/nhs-app-help-and-support



Sun Burn Advice

As we are now in the summer, here are some helpful tips from the NHS website to ease sunburn yourself.

Do:

1. Get out of the sun as soon as possible
2. Cool your skin with a cool shower, bath or damp towel (take care not to let a baby/young child get too cold)
3. Apply after sun
4. Drink plenty of water
5. Take painkillers (paracetamol or ibuprofen) for any pain
6. Cover sun burnt skin from direct sunlight until skin has fully healed

Don't:

1. Do not use petroleum jelly on sunburnt skin
2. Do not put ice or ice packs on sunburnt skin
3. Do not pop any blisters
4. Do not scratch or try to remove peeling skin
5. Do not wear tight-fitting clothes over sunburnt skin



Breastfeeding Awareness Week

It is world breast feeding awareness week on 1st – 7th August. We are a breast feeding friendly practice! If you would like somewhere private to feed your baby – please inform reception.

Insect Bites and Stings

The summer months can bring an increase in insect bites and stings.

The pharmacy is the initial place to go if you have a bite or sting that you think needs medical attention.

A pharmacist can advise about medication that will help ease symptoms such as, antihistamines, steroid creams and painkillers.



Cervical Screening

It is cervical screening awareness week 19–24 June.

Around 3,200 women are diagnosed with cervical cancer in the UK each year.

Please call Reception to book an appointment when your screening is due. If you are unsure when you last had your screening and want to know when it is next due, please call Reception and we can check for you!

Staff Updates

Dr. Kirkbride will be leaving us in July to pursue a partnership opportunity at another surgery.

We wish Dr. Kirkbride well in his new endeavor and thank him for all his hard work here at Alton Street Surgery.

Seasonal Allergies

It is estimated that 1 in 4 people in the UK suffer from Hayfever. Hayfever, also known as allergic rhinitis, is caused by an allergic reaction to allergens, most commonly pollen.

Symptoms of Hay fever include:

- sneezing and coughing
- a runny or blocked nose
- itchy, red or watery eyes
- itchy throat, mouth, nose and ears
- loss of smell
- pain around the sides of your head and your forehead
- headache
- feeling tired



Symptoms can peak between May–September due to the high pollen count during these months.

If you are suffering with symptoms caused by Hay fever, please contact the Pharmacist in the first instance. The pharmacist can provide antihistamine drops, tablets or nasal sprays and steroid nasal sprays.

Summer Edition 2025

We plan to bring you a newsletter seasonally to update you on any news and updates we may have.

