

# Spring 2026 Newsletter

## Anti-Histamine Usage

During hayfever season, we highly recommend patients with common symptoms such as eye irritation, nasal drip and especially patients with asthma look into wider varieties of over-the-counter medications rather than solely anti-histamines. We recommend eye drops, nasal spray alongside anti-histamines to reduce symptoms, all of which can be bought at local pharmacies.



### Use 111

If you need urgent medical help but you're not sure where to go, use 111 to get assessed and directed to the right place for you.

Call, go online or use the NHS App.



## 75+ Spring Covid Vaccinations

We will be holding some aged 75+ and immunosuppressed patient covid vaccination clinics in April. If you are eligible you will be texted to book in. We will also be sending self-book links via SMS so you can decide on the time you come for the vaccination. Our clinics are currently on Thursday 16th April and Monday 27th April. As long as you have received a text invite you can book using both the self-book link or through reception.




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- Spring Covid vaccinations

# Pregnancy Circles – A New Supportive Space for Expectant Mothers

We are exploring the possibility of starting Pregnancy Circles at the practice and would love to hear from expectant mothers who may be interested in joining.

Pregnancy Circles are small, supportive group sessions where pregnant women can come together in a relaxed, non-clinical environment to share experiences, learn about pregnancy, and build confidence in caring for themselves and their babies.

The sessions would include:

- Informal antenatal checks
- Learning how to monitor your own health, such as checking your blood pressure
- Discussions around pregnancy, birth preparation, and newborn care
- Opportunities to meet and connect with other expectant mothers
- A safe space to ask questions and share experiences

The aim is to empower women with knowledge about their bodies and pregnancy while creating a supportive community during this important time.

The sessions would be facilitated by Monique Joseph, Midwife, and supported by Dr Rosemary Leonard who has exceptional experience in Women's Health.

If you are pregnant and interested in being part of a Pregnancy Circle, please get in touch to register your interest: [monique.joseph6@nhs.net](mailto:monique.joseph6@nhs.net)

If there is enough interest, further information about dates and times will be shared.

We look forward to hearing from you.



*Monique Joseph, our midwife*