

# NEWSLETTER



## FREE ACTIVITIES

**MONDAY** - Digital Support, 11am-1pm  
 Crochet and Knitting, 1.30pm-3pm  
 Art Class, 3.30pm-4.30pm  
 Learn English Class, 4.30pm-5.30pm

**TUESDAY** - Coffee Morning, 11am-12.30pm  
 Walking Group, 12.30pm-2pm

**WEDNESDAY** - Gardening Group, 11am-12pm

**THURSDAY** - Mindfulness, 1.30pm-2.30pm  
 Yoga, 4.30pm - 5.30pm

**FRIDAY** - Weight Loss Peer Support Group, 2pm-3pm

## FIND OUT WHAT'S HAPPENING!



Welcome to our Somerford Grove newsletter! This is the place to find out about what's happening in your local GPs and access more information about your health and wellbeing.

We have lots of activities happening at Somerford Grove Practice which you are welcome to get involved in either as a participant or as a volunteer. Why not learn a new skill or get connected with your community to meet new people? If this is something which interests you, do feel free to get in touch and find out more. Call or email on [ellie@vchackney.org](mailto:ellie@vchackney.org), 07305 016640



## DIGITAL SUPPORT AT THE SURGERY

Every Monday 11am-1pm, we have digital support volunteers in the reception of the surgery. They are there to help you use the online NHS services. Sessions are drop-in with no need to book an appointment. Turkish and English speaking support is available.



## GREEN HEALTH INITIATIVE



### MEDICINE

We are making prescription reviews to make sure we are offering the best possible care whilst reducing waste. We are also providing advice on healthy lifestyles which incorporates a 'green' approach to living better for longer.



### FACILITIES

In the practice, we are working with the landlord to make sure our heating and electricity is as environmentally friendly as possible. Paper waste is also being reduced by communicating as much as possible through digital platforms.



### GARDENING GROUP

The Together Better project is now running a gardening group at the surgery and are growing fruit and vegetables at the surgery. This will reduce our carbon footprint by eating locally and promoting the cooking of healthy food which grows in the UK.



# MAKING HEALTHCARE GREENER

At Somerford Grove, we are working to reduce our environmental impact by participating in the green impact for health scheme.

We think this is important as environmental problems like climate change and air pollution can damage your health and could negatively effect our ability to remain in employment.

At the moment, the NHS makes up 4-5% of the UK's carbon footprint, but we want to take action to reduce this.

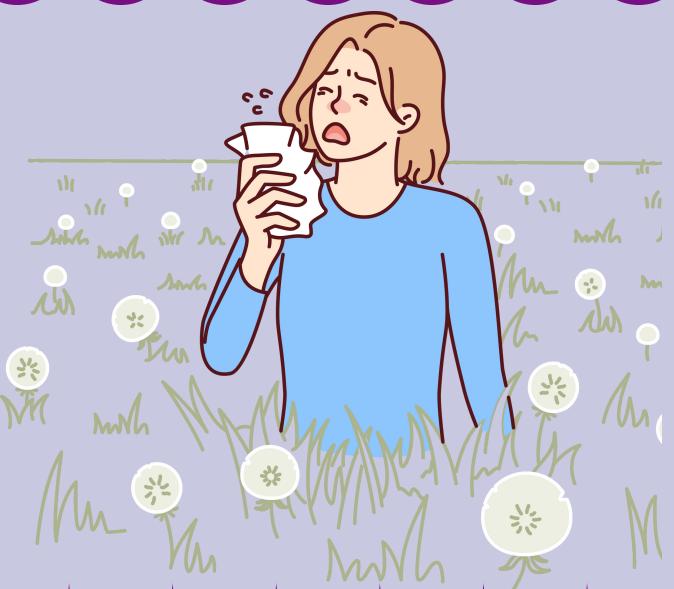
## WANT TO GET INVOLVED?

If you'd like to get involved through volunteering at the surgery to help reduce Somerford Grove's carbon footprint or if you'd like to find out more, get in touch on 07305 016640.



# TIPS AND ADVICE FOR HAYFEVER

As we come into spring, here's some advice for easing symptoms



## ABOUT HAYFEVER

Hay fever is an allergic reaction to pollen, typically when it comes into contact with your mouth, nose, eyes and throat.

Hay fever is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest.

## THINGS YOU SHOULD DO

Put Vaseline around your nostrils to trap pollen - wear wraparound sunglasses to stop pollen getting into your eyes - shower and change your clothes after you have been outside to wash pollen off - stay indoors whenever possible - keep windows and doors shut as much as possible - vacuum regularly and dust with a damp cloth.

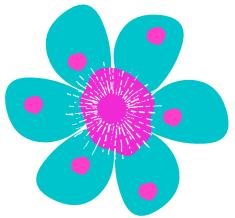


## THINGS YOU SHOULDN'T DO

Do not cut grass or walk on grass - do not spend too much time outside - do not keep fresh flowers in the house - do not smoke or be around smoke as it makes your symptoms worse - do not dry clothes outside as they can catch pollen - do not let pets into the house if possible - they can carry pollen indoors.



# THANKS FOR READING

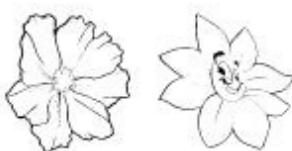


Thanks for taking the time to read Somerford Practice's news. Our next one will be released over the summer. If there's anything you'd like to see included in the next issue, do get in touch on 07305 016640

## SAVE THE DATE!



We will be hosting a family fun day at the practice on THURSDAY 25TH JULY - join us for a day of health information, food and fun! More details will follow soon!



## Spring



W H M Z A L K R S G U B E C H T Q I  
F T U L Y I J B E P Q N O P A S D X  
S J N I B O R H L V M C S U T L E K  
P E D W G X E K J O A Z R M C Q F B  
R C Y Q U S A V N T S I E K H R O L  
O L A M B F D T E U P S W G X T J E  
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K W U F I N L T Q E R M E A Y O N D  
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N E D R A G M W K U L G S O R C L E  
H Z M T U L I P V E B A D Y W F X J

BIRDS

BLOSSOM

BUGS

BUNNY

BUTTERFLY

CALF

CATERPILLAR

CHICKS

FLOWERS

FROG

GARDEN

GRASS

HATCH

INSECTS

LADYBUG

LAMB

NATURE