

Park View Surgery Newsletter

Spring 2025



Dear Patients and Friends,

As the days grow longer and flowers begin to bloom, we're excited to welcome spring with you! This season is a time of renewal and wellness, and we have several updates, reminders, and tips to help you make the most of it.

Spring Health Reminders

Allergy Season is Here

Hay fever and seasonal allergies are on the rise. If you suffer from itchy eyes, sneezing, or a blocked nose, please speak to your local pharmacist who will be able to advise you further.

Asthma Reviews

Spring pollen can trigger asthma symptoms. If you have asthma and haven't had your annual review, please contact reception to book in with a nurse.

Mental Health Support

Spring can be a time of change—but also of stress.

If you're struggling with anxiety, low mood, or stress, you're not alone. We offer mental health support services including access to local talking therapies and GP-led advice.

Practice Updates

- **Extended Hours:** We continue to offer appointments during our extended hours Monday - Friday from 6.30 pm to 8 pm. This is part of our commitment to making healthcare more accessible to you. We also offer weekend appointments 9 am – 5 pm on Saturdays and 9 am – 12 pm on Sundays. Please ask reception for information.
- **Phlebotomy appointments** We currently have blood test appointments available in practice Tuesday, Wednesdays, Thursdays, Fridays and Sundays. Please book your appointment at reception.
-  **Stay Connected** Please ensure your contact details are up to date. Follow us on Facebook for updates, health tips, and more.

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Meet Our Team

We're thrilled to welcome **Dr. Ramla Azam**, who joined our team this April. Dr. Azam has a special interest in women's health, geriatrics and palliative care. Dr Azam also performs joint injections to her patients if needed.

Important Dates

- **Bank Holiday Closures**

We will be closed on Monday 6th May and Monday 27th May. Please order repeat prescriptions early. Doctor's appointments will be available between 9am – 11am on both dates, please call the surgery where your call will be diverted. Outside of these times please use 111 for non-emergency help.

Helpful Reminders

- You can **book appointments, order prescriptions, and access your records** via the **NHS App**. Visit <https://access.login.nhs.uk/enter-email> to register. Information leaflets are available in the practice.

Feedback from patients:

- The doctor was efficient, reassuring and I felt that she listened to my concerns.
- Seen on time, pleasant receptionist, efficient and pleasant nurse providing information and advice.

Wishing you a healthy and happy Spring! Warm regards, Park View Surgery Team