



Capel Parish Nurses: *Serving the Community of Capel St Mary*

Hay Fever Season!

I found some scary figures: The NHS in east and west Suffolk spends almost £450,000 annually on hay fever and allergy prescriptions and more than £3 million each year on prescriptions that could have been purchased more cheaply from a local supermarket or pharmacy. If you find red, watery, itchy eyes are your main symptom then try wearing wrap-around sunglasses to reduce the accessibility of the pollen. Rubbing a small amount of vaseline under your nose can help nasal symptoms from occurring and showering and changing clothes when you get home reduces the pollen in your home as does keeping the windows closed.

If you are still suffering from hay fever having tried the above, then I would encourage you to visit your local pharmacy as a first port of call. They can offer help and advice and medication if needed. This then saves valuable appointments with the GP and avoidable cost to the NHS. Anti-histamines are readily available from a chemist or supermarket and taking them regularly is more effective than taking them only when symptoms get worse.

Great East Swim training: I am now half way through my training for this as I write this article. I have so far managed 4 lengths of front crawl before having to stop to breathe! Only another 60 lengths to tag onto that! We are due to get our wetsuits this week and will then be trying them out in the pool to see how they affect buoyancy and limit movement. We have got some sponsor forms around the village if anyone would like to sponsor me to raise money for Capel Parish Nurses that would be much appreciated.

Blessings,

Caroline, your Parish Nurse

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