

## **April 2015 – Surgery Newsletter**



With spring just around the corner everyone except hay fever sufferers are looking forward to some nicer weather. The runny noses, watery eyes and tickly cough may all start to become problematic for sufferers of hay fever at this time of year. If you are a sufferer like me, you might want to ensure that you have enough antihistamines in your cupboard and start taking them before the condition takes hold. Don't waste money on the big brands; just ask for the generic version at your pharmacy. I bought 3 months worth online including delivery for under a fiver! I do love a bargain. This is particularly important this year, as over the counter hay fever medication can no longer be obtained on prescription. Other things you can do to help manage your hay fever include: drying clothes indoors, keeping house and car going indoors from being outside, washing your hands, face and hair as well as changing clothes. Using petroleum jelly inside your nose is particularly helpful too as this can catch the pollen! I do all of these things.

Lastly, this month's Patient Participation Group meeting will be at 6.30pm on Thursday 16<sup>th</sup> April at the village hall – I hope to see you there!

**Richard P Miller – Practice Manager**

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### **Domestic Abuse – A hidden problem**

Clinicians working within a Doctors surgery often see victims of domestic abuse. Domestic abuse is something that people often try to hide from others and it can have devastating effects upon the general mental and physical health of individuals. Domestic abuse can affect both men and women, although men are more likely to keep the problem secretive. Domestic abuse does not always involve a physical attack. Emotional and financial abuse can be just as devastating to a victim. A victim will often feel that they are "walking on eggshells" and can live with a constant feeling of stress and anxiety. This can be exhausting and have grave effects on their quality of life. Unfortunately perpetrators of domestic abuse often groom the victim. They may make the victim feel that the abuser is the only person that cares about them. Victims are often made to feel that they are to blame in some way for the abuse.

It is important, however, for the victim to understand that they are in no way responsible for the abuse and that there is never any excuse for it. Help can be given to perpetrators of abuse but this will only succeed if the abuser understands that this is their problem. It is not something that a victim can achieve for the abuser. When an abuser does seek help they may need to appreciate it could be too late to rectify the damage within their current relationship. However, they can be helped to ensure more successful relationships in the future. Victims of abuse can also be assisted. The situation will often result in low self-esteem and insecurity. They may also be giving out the wrong signals which (if not addressed) may make them vulnerable to being groomed again in the future. Domestic abuse is something that is rarely discussed but if reading this article has encouraged you to seek help then please speak to Tracy (nurse practitioner at Great Bentley surgery). She will be happy to assist you. If you are a victim or an abuser and you would like to get help, you can call the following helplines:

For Female victims	– Women's Aid 0808 2000 247
For Male victims	- Men's Advice Line 0808 801 0327
For Abusers	- Respect Phone line 0808 802 4040

**Tracy Mooney – Nurse Practitioner**