

PATIENT NEWSLETTER

JULY 2025

Staffing news



Ewan Cameron, our longstanding Practice Manager, retired at the beginning of May after 21 years of dedicated service at Lawrence Hill.

We also said a fond farewell to Lin who has been at the practice for many years. We wish them both a very happy retirement!

We are excited to welcome **new practice manager** Maurice Dunne "I am delighted to be joining the practice! I am committed to working with our team to continuously improve and enhance your care journey. Your needs are our priority, and I'm eager to help make a positive difference."

We'd like to welcome **Physiotherapist** Sean Lewis and **care coordinator** Annabel Dixon-Dewfall have also recently joined the practice, as well as reception and admin staff Val and Aiesha.

We are also pleased to welcome back medical secretary Suzie and Dr Holmes who have both returned from maternity leave, medical secretary Reema now has a permanent contract and Dr Barnard will be returning as maternity cover for 2 days a week.

UPDATE ON PHARMACY

Lawrence Hill Pharmacy has now moved to 141 Lawrence Hill, between Lidl and Lawrence Hill railway station



We are now on Instagram!
find us @lawrencehillhcc

Staying well in hot weather

The main risks posed by a heatwave are:

- not drinking enough water ([dehydration](#))
- overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- [heat exhaustion and heatstroke](#)

More tips for keeping well in hot weather [here](#)

Hayfever

If you're a regular hay fever sufferer, treatments such as antihistamine tablets work best if you start taking them before symptoms start. Try to start taking antihistamine tablets 2-4 weeks before pollen season starts; you can continue taking them throughout the season.

Patients are advised to speak to the pharmacy team for support and clinical advice about the treatment options available, including:

- * Antihistamine tablets and syrups: good at preventing symptoms of hay fever when taken at the start of the day
- * Antihistamine nasal sprays: can be used instead of, or in addition to, tablets to prevent nasal symptoms
- * Steroid nasal sprays: can be used in addition to preventer medication to treat symptoms. Note, they can take approximately three days to begin to work and work best when started before you have symptoms.
- * Nasal inhalants: helpful to ease nasal congestion
- eye drops: helpful to ease itching or dry eyes
- * Pain relief medication: can be used to aid symptoms of sinus or head pain
- * Cold/flu medications- decongestant / throat lozenges: can be taken to help ease congestion and sore, tickly throats

All high strength treatments for hay fever are now available to buy at your local pharmacy and some supermarkets. GPs will no longer be able to give routine prescriptions for hay fever treatments.

Asthma treatment is changing

New guidance released last year is changing the way we are treating asthma. We are moving away from having two inhalers to having one combination inhaler. For many patients this has been a game changer for their asthma control. Find out if you are suitable for this change at your next asthma review. More information [here](#)

COPD and hot weather

A handheld fan can be a helpful tool for COPD patient experiencing breathlessness, especially in hot weather. Studies have shown that a cool draft of air from a fan can help alleviate the sensation of breathlessness by stimulating sensory receptors on the face, particularly those associated with the trigeminal nerve. This can provide a sense of relief and improve physical activity and exercise capacity.

How to use a handheld fan:

1. Position the fan:

Hold the fan about 6 inches (15cm) away from your face, aiming the airflow towards the central part of your face, around your nose and upper lip.

2. Duration:

Use the fan as needed, especially during or after activities that cause breathlessness.

3. Considerations:

Be mindful of your own preference for airflow intensity and adjust the fan's position accordingly.

4. Safety:

Ensure the fan blades are kept away from your face and fingers to prevent injury.

Please see youtube link [here](#)

While handheld fans can be a helpful tool, they should be used in conjunction with other COPD management strategies recommended by your healthcare provider, such as medication, breathing exercises, and pulmonary rehabilitation. If you experience persistent or worsening breathlessness, consult your doctor.

COMMUNITY EVENTS

JULY 2025

WHATS ON AT LAWRENCE HILL HEALTH CENTRE.....

GARDENING GROUP

Held every Thursday morning, 10:30 AM – 12:00 PM, these sessions offer a chance to enjoy the outdoors, connect with others, and engage in gardening activities.



MINDFUL MOVEMENT

Held on Tuesdays from 10:30-11:30, An inclusive and welcoming group. Sheena our Yoga Teacher, leads accessible chair-based yoga sessions that are suitable for everyone.

REGULAR CLASSES

A free stay-and-play group led by Dr. Devereux, Every Tuesday from 10:00 – 11:30 AM at the Salvation Army. This group has been a wonderful way for young families to connect, especially those who may feel lonely or lack support. Enjoy free drinks, snacks, and toys for the little ones. We are also looking for more DBS-checked volunteers—please get in touch if you'd like to help!



What's on at Trinity

Weekly creativity for wellbeing sessions delivered over 6 weeks from the start of July

Contact Jen@trinitybristol.org.uk for more information

CREATIVITY FOR WELLBEING WORKSHOPS

TRINITY:

LED BY SHANTI SHERSON.
EVERY TUESDAY 10.30AM-12.30PM
FROM 1ST JULY - 5TH AUGUST 2025

Free!



JOIN US TO EXPLORE A RANGE OF ART FORMS THIS SUMMER IN A FUN & SUPPORTIVE SPACE .

PRIORITY TO LOCAL RESIDENTS BS2 & BS5

CONTACT JEN@TRINITYBRISTOL.ORG.UK TO REGISTER INTEREST AND FOR MORE INFO

TRINITY CENTRE, TRINITY ROAD BS2 ONW
TRINITY COMMUNITY ARTS (REGISTERED CHARITY NUMBER 1144770
REGISTERED COMPANY NUMBER 4372577

RESEARCH NEWS

JULY 2025

Our practice takes part in research to help improve care for patients now and in the future. By being a research active practice, we help find better treatments and improve health for everyone. Sometimes we invite patients to take part in research. If you are invited, you'll be given clear information to help you decide.

Taking part is always your choice, and saying no will not affect your care.

We want to support research that includes and represents our whole community. This helps make care better and fairer for everyone.

Find out more about the Be Part of Research campaign [here](#)

Take part !

TIGER Study: Helping Children with Eczema

The TIGER study is looking at how diet might help babies and toddlers with eczema. It's for children under 2 years old.

Researchers want to see if avoiding certain foods (like milk, egg, wheat, and soya) based on allergy tests can improve eczema.

Children in the study are put into one of two groups:

- One gets usual eczema care.
- The other gets usual care plus diet advice based on allergy tests.

This will help doctors learn if food tests are useful in treating eczema in very young children.

Find out more [here](#) or by asking one of team for more information

Acne Care Online: Helping Young People with Acne

The Acne Care Online study is for young people aged 13 to 25 who have acne.

Researchers are testing a new website that gives advice on how to treat acne and use treatments correctly.

People in the study are randomly placed into one of two groups:

- Usual Care Group: Gets normal advice from their doctor.
- Website Group: Gets the same advice plus access to the Acne Care Online website.

The study is all online and can be done on a phone, tablet, or computer.

Find out more [here](#) or by asking reception for more information