



Castle Medical Group
 Ascebi House
 118 Burton Road
 Ashby de la Zouch
 Leicestershire
 LE65 2LP

patient newsletter

SUMMER 2026 EDITION



SUMMER FUNDRAISING

Our chosen charity for our Summer fundraising campaign is locally based 'Me and Dee'. They assist families where the parent or child has a life-limiting or life shortening health condition. They gift them the means to share the precious time they have left together. Anybody can give something, anybody can make a difference.

'Me and Dee' was founded back in December 2005 by Maria Hanson (MBE) and her cousin Delia. Unfortunately Dee lost her battle to cancer, but before she died, the cousins spoke in depth about their dreams of founding a charity. No tick boxes, no discrimination, phones on all day, giving time freely to those who may not have as much time.

Fast forward to 2026, 9000 families, the ethos remains the same, the same quality of personal service albeit this takes on average 200 volunteer hours a month to run.

In recognition of all her hard work over the years, Maria was awarded an MBE, Pride of Britain Award, Outstanding Woman of the Year, Inspirational Woman and Service Provider of the Year.

Look out for details of our fundraising plans for Summer on our social media pages, website and in our waiting room.



Maria Hanson MBE, Founder

RECENT STAFF CHANGES

We would like to welcome **Dr Zevlaris, Dr Lawan, Dr Varghese** (Registrars) and **Meg and Daniel** (Patient Services Advisors), to the team.

PARAMEDIC, SARAH

"Hello, I am Sarah and I am a paramedic. Coming from a frontline ambulance into primary care, I assess, treat and triage acutely and chronically unwell patients. The change has been very rewarding, which has been made even better by the very knowledgeable and supportive staff at Castle Medical Group. Outside of work I am married and have two young children who keep me extremely busy."



ROLE OF A PARAMEDIC

A Paramedics role is to assess and manage patients presenting with acute problems, including minor illness or injury, abdominal pains, chest pains and headaches.

Our Staff have the right to be treated with dignity and respect

Remember: they are here to help you



NO EXCUSE FOR ABUSE

Castle Medical Group will not accept or tolerate any inappropriate or threatening comments, violence or aggression towards our staff. Such act or behaviour will result in suitable action being taken.



CONTACT US: 01530 414131
www.castlemedicalgroup.co.uk
castlemedicalgroup.noreply@nhs.net

Do more with the NHS App!



If you require further help, please visit:
www.nhs.uk/nhs-app/

Ordering Prescriptions - NHS App

On the homepage select '**request repeat prescriptions**', you then have a list of medication that is on repeat and you tick the items you require. Once you have done this select '**continue**'. You are asked to double check your order, if you are happy select '**request prescription**'.

Your request is received directly into our clinical system, which links to your medical record/medication history and makes it easy for us to review your request. You can check the status of your request, clearly see when we have issued the prescription and sent this to the pharmacy.

If you don't have an option to tick the box to order your medication, this could be that you are trying to order it too early or it's an item not on repeat. If it's too early, against the medication it will say '**cannot order medication until DATE**'.

HAYFEVER SEASON

Common 'over the counter' hayfever medication that you purchase yourself include non-drowsy antihistamines like cetirizine, loratadine, and fexofenadine, as well as steroid nasal sprays and sodium cromoglicate eye drops.

Practical considerations:

- **Age Restrictions:** Some antihistamines have specific age limits; always check the packaging or consult a pharmacist.
- **Side Effects:** Non-drowsy antihistamines are generally well-tolerated, but older antihistamines like chlorphenamine may cause sleepiness.
- **Drug Interactions:** Certain medications, including some antidepressants or ulcer treatment, may interact with antihistamines, so consult a pharmacist if you are unsure.
- **Cost:** Generic versions are often cheaper than branded products while providing the same effectiveness.

Tips for use:

- Start taking antihistamines before pollen season if possible for best results.
- Combine oral antihistamines with nasal sprays or eye drops if symptoms are severe.
- Always follow the dosage instructions on the packaging and consult a pharmacist for children or if you have other health conditions.

If you have any questions, please speak to your local practice or community pharmacist, who will advise you on the best action to take.



SPRING COVID BOOSTER CAMPAIGN

From 13th April we offered the Covid Vaccine Booster for our patients aged 75+ and immunosuppressed. We are happy to announce that **1163** of our eligible patients, were vaccinated during the campaign. This equates to just under half of our eligible cohort, which is an amazing uptake.



SUMMER AWARENESS DAYS

JUNE 2026:

- Carers Week (8th - 14th June)
- Men's Health Week (8th - 14th June)
- Diabetes Awareness Week (8th - 14th)
- Learning Disability Week (15th - 21st)
- Loneliness Awareness Week (15th - 21st)

JULY 2026:

AUGUST 2026:

SEPTEMBER 2026:

- Alcohol Awareness Week (6th - 12th)
- Cycle to Work Day (6th)
- Urology Awareness Month
- Pulmonary Fibrosis Awareness Month
- World Suicide Prevention Day (10th)
- World Sepsis Day (13th)
- World Patient Safety Day (17th)
- Migraine Awareness Week (21st - 27th)
- World Pharmacists Day (25th)
- World's Biggest Coffee Morning (25th)



WORLD'S BIGGEST COFFEE MORNING

compliments

RECOGNITION FROM OUR PATIENTS

"The premises are immaculately clean, friendly staff that are attentive upon arrival, and everything is sign posted or labelled. The nurses are amazing and are so professional. I feel so lucky to be accepted by Castle Medical."

PATIENT - APRIL 2026

happy to help

FEEDBACK

We are continually looking to turn our patients' feedback into real improvements in the service we provide. We use it to focus on the things that matter most to our patients, carers and their families. We would like to hear from you if you have a suggestion on how we can do things better to improve our patients' experiences. We'd also like to hear from you if you are pleased with the service you've received. We'll let the staff involved know and share the good practice across our teams.

Please scan the **QR code** to fill in the feedback form.

