



Welcome to our Spring Newsletter April-June 2025



How to treat hay fever yourself

There is currently no cure for hay fever and you cannot prevent it. However, you can do things to ease your symptoms when the pollen count is high.

Do

- put petroleum jelly (such as Vaseline) around your nostrils to trap pollen
- wear wraparound sunglasses, a mask or a wide-brimmed hat to stop pollen getting into your nose and eyes
- shower and change your clothes after you have been outside to wash pollen off
- keep windows and doors shut as much as possible
- vacuum regularly and dust with a damp cloth
- try to use a pollen filter in the air vents of your car, if you have one, and a HEPA filter in your vacuum cleaner

Don't

- do not cut grass or walk on grass
- do not spend too much time outside
- do not keep fresh flowers in the house
- do not smoke or be around smoke – it makes your symptoms worse
- do not dry clothes outside – they can catch pollen
- do not let pets into the house if possible – they can carry pollen indoors
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A pharmacist can help with hay fever

Speak to a pharmacist if you have hay fever. They can give you advice and suggest the best treatments to help with symptoms, such as:

- [antihistamine](#) drops, tablets or nasal sprays
- steroid nasal sprays

Some antihistamines can make you very sleepy, so speak to your pharmacist about non-drowsy antihistamines if you need to.

Only see a GP for hay fever if:

- your symptoms are getting worse
- your symptoms do not improve after taking medicines from the pharmacy

Bowel Cancer Screening

People are invited for bowel cancer screening every 2 years between the ages of 50 to 74 years. (However, if you are 75 and over, you can still participate in the bowel cancer screening but you have to contact the bowel cancer screening helpline to request the test yourself. The free helpline number is 0800 707 60 60).

You will be sent a bowel cancer screening home test kit.

You must be registered with a GP and live in England to be invited. Please ensure we have up to date contact details for you, to include your mobile telephone number and e-mail address.

It is really important you complete the home test kit when it is sent to you. This is so signs of bowel cancer can be picked up at an early stage when there are no symptoms. This means treatment can be more effective.

Sometimes cells in the bowel grow too quickly and form a clump known as a bowel polyp. Polyps are not cancers but can develop into cancers over time. Finding polyps means they can be removed.

Regular screening reduces your risk of getting and dying from bowel cancer.

Changes to Cervical Screening for ages 25-49 – What you need to know

From 1 July 2025, the routine cervical screening interval will change from every 3 years to every 5 years for women and people with a cervix aged 25 to 49 who test negative for high-risk Human Papilloma Virus (hrHPV) at their screening appointment.

This change only applies to those who attend a cervical screening on or after 1 July 2025 and test negative for hrHPV.

WorkWell North West London

“WorkWell” is a free service that is here to support you with any health issues that might make it hard to find or stay in a job. We will work with you to figure out what you need, offering support from our team and other local services.

Our team will make sure you get the right support to find or stay in the right job. A meaningful job can have a positive impact on your health and wellbeing.

Please see this link for more information: [WorkWell - North West London - Shaw Trust](#)