

KINGSBURY COURT AND EASTGATE SURGERY NEWSLETTER

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WELCOME TO OUR NEWSLETTER

This letter contains practice news, updates and wider primary care messages and announcements which you can expect on a quarterly basis. We want to provide useful information on a variety of healthcare topics, including any updates to the surgery and upcoming events.

UPCOMING EVENTS

CERVICAL SCREENING WOMEN ONLY HEALTH AND WELLBEING EVENT:

Attend your cervical screening on the **21st June** at Kingsbury Court Surgery- screening saves lives

PRIDE EVENT:

7th June 2025, 13:00- 17:00 (Grove park, Dunstable)

Pride in dunstable is a festival of inclusivity taking place in the heart of dunstable. Visit our stall at the event to find out what we support we offer. Don't forget to take your freebies on the day!



Hay fever Season



Hay fever is usually worse between late March and September, especially when it is warm, humid and windy. This is when the pollen count is at its highest

Symptoms of hay fever may include: Runny or blocked nose, sneezing, coughing, red/itchy eyes, pain around sinuses, headache or feeling lethargic

Did you know? - community pharmacies can offer advice on how to avoid triggers and treat your hayfever

When to see a GP?

if your symptoms related to hayfever are not relieved by over the counter treatments in combination with measures to reduce your exposure or if you are pregnant or breastfeeding.

APPOINTMENTS

Our surgery provide appointments with the GP as well as other clinicians throughout the week, Monday through Saturday. **You can self book online, Ring the surgery or book via NHS app.**

We take pride in conducting additional clinics on Saturdays to look after your health. Other clinics include, asthma, COPD, Hypertension (BP) clinics, Mental health reviews, Blood tests, Diabetes reviews, Smear clinics.

BOOK YOUR APPOINTMENT TODAY

Contact us online

Need help with a medical or admin request?

New request

systemconnect