



The Red Practice

Caring for you every step of the way

Spring is traditionally a time of new beginnings. The days are getting longer and the evenings are finally getting lighter. This makes it the perfect time to spend more time outdoors - but be careful not to let seasonal allergies get in your way!

GETTING IN TOUCH

QUICKEST WAY

ONLINE



Go online to our website
(www.redpracticewalton.nhs.uk)

Monday - Friday from 7:30am

Appointments, prescriptions,
advice, sick notes

BY PHONE



It can take a little longer on the phone, but this is still an option if online doesn't suit you.

01932 504410

A Fond Farewell to Dr Aneeta Hussain



At the end of March we bid farewell to Dr Hussain after an incredible 25 years at The Red Practice. She will be very much missed by colleagues and patients alike. We wish her all the best in her well-earned retirement.

Thank you for allowing me to be part of your lives for so many years. I wish you all the very best for the future.

Dr Aneeta Hussain

SPRING GOT YOU SNEEZING?

These simple steps can improve your hay-fever symptoms...

- Wear sunglasses when outside - they act as a physical barrier to prevent pollen irritating your eyes.
- Shower and change your clothes when you get home in the evenings. This means you won't be sitting in pollen all evening and sleeping in it all night.

Ask your pharmacist about...

- Non-drowsy antihistamines
- Anti-allergy eye drops
- Nasal sprays designed for hay fever symptoms



MOVEMENT IS MEDICINE



We all know the benefits of regular exercise - but if you can get your exercise done in the open air, that's even better.



Fresh air... Vitamin D... Time in nature - they all help to boost the many health bonuses that come with being physically active.

We are very lucky in Walton to have access to several Royal Parks, as well as the meadows at Hurst Park and the riverside. So why not put a spring in your step and get active outdoors?!

Dying Matters Month (4-10 May 2026)



The mission of Dying Matters is to break down the stigma and taboo of talking about death and dying. But it can be hard to know where to start.

This Dying Matters Awareness Week we're focusing on the importance of conversations about death and dying – with family, friends, employers, anyone in your life – helping you to get the conversation started.

For some really useful resources and guides on **what** to think about and **how** to talk about it, head over to the www.hospiceuk.org website.