

# Hay fever symptoms

Symptoms of hay fever include

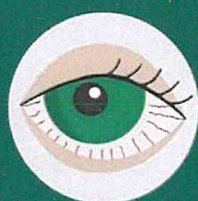
- sneezing and coughing
- a runny or blocked nose
- itchy, red or watery eyes
- itchy throat, mouth, nose and ears
- loss of smell
- pain around the sides of your head and your forehead
- headache
- feeling tired



## 5 tips to battle hay fever



**Use eye drops**  
Use eye drops to help ease itchiness



**Don't touch**  
Avoid rubbing your eyes or touching your face



**Close windows**  
Keep your windows shut when the pollen count is high



**Grab a shower**  
Take a shower and change your clothes after being outside



**Use Vaseline**  
Put Vaseline around your nose to trap the pollen (other brands of petroleum jelly are available)

## Quick, Easy, Meat Free Gnocchi Bake

Dietary: Egg-free, Nut-free, Vegetarian  
Prepare: Less than 30 mins  
Cook: 10 to 30 mins  
Serves: 4

### Ingredients:

25g/1oz butter  
1 tbsp olive oil  
1 onion (finely sliced)  
2 tbsp plain flour  
400ml/14fl oz milk (full-fat or semi-skimmed)  
1 tsp mustard (Dijon or English)  
150g/5½oz mature cheddar cheese (grated)  
500g/1lb 2 oz shop bought gnocchi  
200g/7oz frozen broccoli florets  
100g/3½ oz frozen peas  
12 cherry tomatoes (halved)  
Salt and freshly ground black pepper

### Method:

1. Preheat the oven to 220°C/Fan 200°C/Gas 7
2. Heat the butter and oil together in a shallow, flameproof casserole dish over a low heat. Add the onion and cook for 5 minutes, stirring regularly until softened.
3. Sprinkle over the flour and stir well then gradually add the milk, just a little at a time, stirring well between each addition to make a smooth sauce. Stir in the mustard and half of the cheese. Season with salt and pepper to taste.
4. Stir in the gnocchi, broccoli, tomatoes and peas. Bring to a gentle simmer, stirring.
5. Sprinkle over the remaining cheese and bake in the oven for 12 - 15 minutes, or until golden-brown and bubbling.

Carefully remove from the oven and serve.

### Recipe Tips:

You can use almost any frozen veg in this dish - sweetcorn, green beans or carrots.

It can be eaten as a veggie main meal or as a side dish with chicken, turkey or fish.

You can cook all in one dish so there's hardly any washing up!

## Garage Refurbishment

The garage blocks to the rear of Claverdon House will be getting new metal up-and-over doors as well as some general repairs in the coming weeks.

If you think you may like to rent a garage from the council, please apply on-line via your Brum account. Go to:

[Apply to rent a garage](#) | [Rent a garage from us](#) | [Birmingham City Council](#)

If you do not have a Brum account or access to the internet, pop in to the Holly Rise office for help.

You must be over 18 and living or working in Birmingham. If you are a council tenant, the cost is £12.14 per week.

## Pet of the Month



Hi, my name is Milo. I am 2 years old. I live in Southam House. I'm very small, but I have a loud bark. My bark is worse than my bite as my hoomans will tell you I have never done that. I am very loving and I can fit on most people's laps quite easily. This makes it easy for them to love and fuss me.

To prevent unwanted activity on the stairs, please do **NOT** prop the door open, even for a short time.

**NOTICE**  
Do not prop door open for any reason



Use an ailer or a line on your balcony to dry your washing.

Based on using a tumble dryer just once a week, this will save you between £70 - £80 per year. It's also much better for the environment.

## Top tips to help you wise up to fraud

- ✓ **Always question uninvited approaches**  
Instead, contact the company directly using an email or phone number that you can check is genuine.
- ✓ **Regular updates**  
Always update your computer, tablet and smartphone operating systems as soon as they become available and install anti-virus software.
- ✓ **Don't share personal information**  
Never reveal your password or share your card details over email. Check the address of any website you're on. Be careful with the level of detail shared on social media sites and check your privacy settings.
- ✓ **Shred important documents**  
Shred any paperwork that reveals personal information, such as bank statements, card details and other sensitive data.
- ✓ **Update your passwords**  
Try to change your passwords at least twice a year. Don't use a password that can be easily guessed and make sure that your Online Banking password isn't the same one you use for other websites.
- ✓ **Register for Voice ID**  
This is an additional layer of security that protects your account and makes it easy for you to call if you have a problem - no passwords to remember.
- ✓ **Check bank statements regularly**  
If there are any transactions that you don't recognise, always contact us.
- ✓ **Check your credit report**  
If someone has used your name to take out a loan or credit card, it may not show on your statements. Check your credit report at least once a year for any unusual activity.



## Birmingham City Council Mobile Household Waste Centre Coming to an area near you

More information about the Mobile Household Waste centres, including future visits can be found here: [birmingham.gov.uk/mobilehwc](http://birmingham.gov.uk/mobilehwc)



### Date and time:

Sunday, 22<sup>nd</sup> June 2025 between 09:45 and 14:15 hrs

### We will be at:

Yardley Wood Road  
B13 0JP  
Service Road



Planned locations may change slightly to ensure safe parking on the day.

### BRING ANY OF THESE UNWANTED ITEMS TO THE VEHICLE:

- ✓ Household rubbish that can't be reused.
- ✓ Bigger items: toys, small furniture, household items.
- ✓ Garden waste.

### TAKE TO ONE OF OUR FREE HOUSEHOLD RECYCLING CENTRES:

- ✓ Recycling: paper, glass, plastic, cardboard clothes and aluminium.

### WE CAN'T TAKE:

- ✗ Building materials such as rubble, concrete, sand, bricks, slabs, plasterboard, full paint pots.
- ✗ White goods such as fridges and washing machines.
- ✗ Large items such as garage or patio doors.
- ✗ Hazardous materials like engine, cooking oil, fluorescent tubes, batteries and gas containers or asbestos.

We won't be able to clear any items brought outside of this time. If you miss the Mobile Household Waste Centre (MHW) this time, and you have items to dispose of, you can find out about our free Household Recycling Centres here: [birmingham.gov.uk/hrc](http://birmingham.gov.uk/hrc)

RESET RESHARE RESTART

## RECYCLING IS GOOD. BUT WE CAN DO BETTER...

