

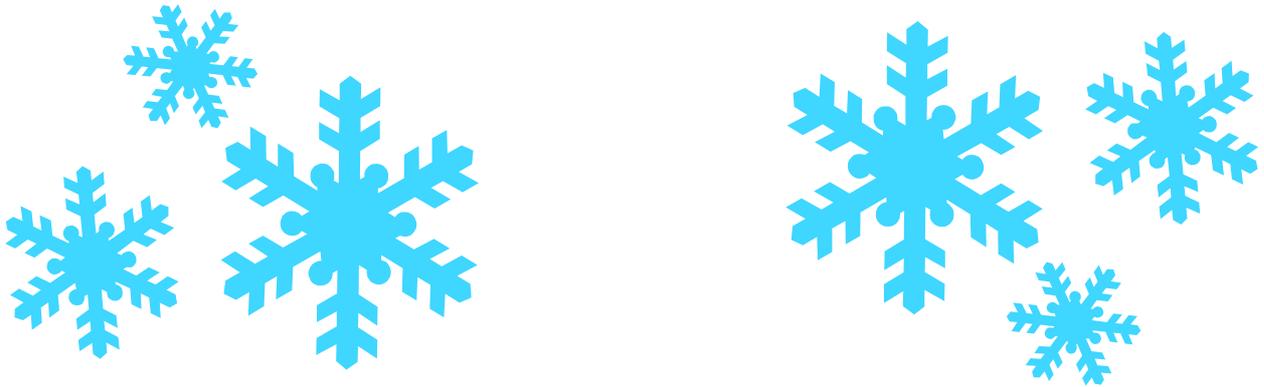


CLEE MEDICAL CENTRE

Patient Newsletter

Issue 21
December / January 2017

Welcome to our November / December Patient Newsletter!
Our aim is not only to provide you with the surgery's latest news
but to also provide you with information on local activities,
healthy recipes and lifestyle tips.

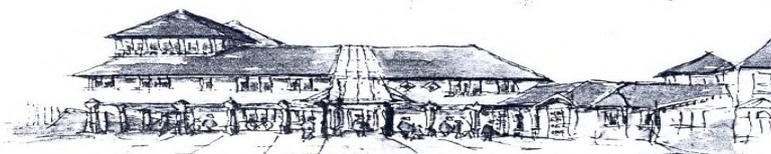


Christmas and New Year Opening Times...

Monday 25th December 2017 - Closed
Tuesday 26th December 2017 - Closed
Wednesday 27th December 2017 - 8am - 6.30pm
Thursday 28th December 2017 8am - 6.30pm
Friday 29th December 2017 8am—6.30pm

Monday 1st January 2018 – Closed
Tuesday 2nd January 2018 8am -6.30pm

If you need to speak with a doctor on the days that we are closed
during the festive period, please call Out Of Hours on
01472 256256.





Goodbye...

To Dr Ravin Munjal and Practice Nurse, Pauline Gray who both retire from the practice on the 21st December 2017.

We will miss them both and wish them both well for the future.

Staff Training

The Surgery will be closed on Thursday 25th January 2018 from 1pm-6.30pm for staff training.

Please note that the telephone lines will also be closed during this time. If it is an emergency and you need to medical assistance during this time, please call Out Of Hours on 01472 256256.

Patient Participation Group

The next Patient Participation Group meeting will be held on Tuesday 9th January 2018.

The group is a great chance for both Patients and Staff to get together and discuss ideas and improvements for the surgery.

All of our patients are welcome so if you would like to attend the next meeting, please let a member of the reception team know, so that we know to expect you.

For any further information on the Patient Participation Group, please contact Us on 01472 697257.

Seasonal Vaccinations

We are still taking appointments for flu vaccines, shingles vaccines and child flu nasal sprays.

For full eligibility information, please speak to one of our receptionists or visit our website.

www.cleomedicalcentre.nhs.uk



Please also make sure you have enough medication to last you over the Christmas and New Year Period.

In all cases, please allow 2 full working days before collecting your prescription.

You can order your prescriptions in the following ways...

ONLINE....

This is a quick and user friendly way of ordering your repeat medication. You can also book, check or cancel your appointments using the online services. Information and step by step guide on how to use this service is available from reception or online via our website www.cleomedicalcentre.nhs.uk

USING THE AUTOMATED TELEPHONE SERVICE....

Again this is a quick and user friendly way of ordering your repeat medication. You can also book appointments using this service. Information and step by step guide on how to use this service is available from reception or online via our website. www.cleomedicalcentre.nhs.uk

THROUGH YOUR PHARMACY.....

Inform your pharmacy that you would like to order your repeat medication through them and they will do your ordering for you.

RECEPTION DESK....

By handing your repeat prescription slip to the receptionist or ordering via the receptionist.

BY POST.....

By sending your repeat prescription slip along with a stamped self addressed envelope via post.





TIPS FOR KEEPING WARM THIS WINTER

- **Keep moving:**

Try not to stay sitting down for long stretches. Get up and move around a bit. Any kind of activity, from walking to the shops (as long as it's not very cold) to doing the vacuuming, gets your circulation going and makes you feel warmer.

- If you have difficulty walking, moving your arms and legs and wiggling your toes and fingers will help.
- If it's very cold outside or icy underfoot, try to keep active indoors rather than venturing outside.

- **Eat for Warmth:**

During cold weather, regular hot meals and hot drinks will provide warmth and energy.

- Even if you don't feel like cooking, try to have at least one proper meal a day. Certain foods, such as potatoes, beans, bread, milk, eggs, meat and fish, are all good sources of protein, energy and vitamins which will help keep you healthy.
- Eating plenty of fresh fruit and vegetables will also help. Contact the local council for details of the Meals on Wheels service in your area, which can provide hot meals.

- **Dress for warmth:**

Wrapping up warmly, both indoors and out, is very important. Several layers of thin clothing, for example, a shirt or blouse, thin jersey and cardigan, will keep you warm by trapping air between them. Clothes made from wool, polyester or fleecy synthetic fibres are usually warmer. Thermal underwear can help beat the chill.

- Warm, thick tights or long socks are a must, as well as a warm pair of slippers.
- When sitting down, a shawl around the shoulders or a blanket over the knees will provide a lot of warmth.
- When you go out, be sure that you are dressed for the weather; it is very easy to just throw your coat on when you go to the shops, only to realise on the way that it's colder than you thought. During the winter, make sure you wear warm layers under your coat, and wear gloves and a hat or headscarf; this is very important as a lot of your body heat is lost through your head. Warm shoes or boots with good grips are also important.

- **Keeping your home warm:**

Whatever type of heating you may have, it is important to keep both your living room and bedroom warm enough.

- Try to heat your bedroom overnight during the winter months. If this isn't possible, warm your bedroom at night before you go to bed. If it's very cold weather, and if bills are a great problem, living and sleeping in one room may be a last resort – but get some friends or family to move your bed into the living room rather than sleeping in an armchair overnight.
- The recommended temperature is 21 degrees Celsius, but you may be more comfortable at a higher temperature.
- One of the best ways of increasing your comfort and keeping bills down is to make your home more energy efficient. There are two sides to energy efficiency. One is to keep the heat in and draughts out by insulating and draught-proofing your home. The other is to make good use of your heating and get full benefit from your fuel. By keeping you warmer and saving you money, energy efficiency is good news all round.

- **Keep a thermometer handy so you know the temperature:**

Try to keep all the rooms you use during the day at a temperature of 21 degrees Celsius (70 degrees Fahrenheit), and warm your bedroom at night before going to bed.



- **Draught-proofing:**

Draught-proofing the front door with a well-fitting curtain will cut down on draughts, but avoid using loose draught excluders as it is very easy to trip over them.

- Draught-proofing strips can also be fixed between the part of the window that moves and the frame, and to the bottom of doors especially the front and back doors where most heat is lost.

- **Thermostat controls:**

Make sure you know how to set the heating controls. If you can't heat your bedroom overnight during the winter months, set the timer so that the heat comes on an hour before you get up and goes off when you go to bed.

- Try to keep the heat in all the rooms you use during the day at 21 degrees Celsius (70 degrees Fahrenheit).

- **Central heating:**

Make sure your heating system is in good working order by getting it checked at least once a year. Ask your gas or electricity supplier about this as they may offer free checks for people aged over 60.

- **Double glazing:**

Double glazing cuts heat loss, but can be expensive. However, you can attach plastic film or sheeting to the window frame which will help.

- Curtains will also insulate your windows. Ideally they should reach right down to the ground. This traps a layer of air between the glass and the curtain which gives added insulation. If you have radiators under your windows, don't let the curtains hang in front of them. Tuck them behind the radiators so that the heat flows into the room.

- **Water tanks:**

Your hot water tank should also be insulated. A special jacket that fits around the tank will slow down the amount of heat loss and keep your hot water at the right temperature for longer. Your cold water tank should also be insulated to stop it from freezing over in the winter months.

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- **General Advice:**

Research has shown that as we get older, the risk of heart attack or stroke greatly increases in cool temperatures, so it's important to keep your home warm.

- Living in the warm keeps the body temperature up, which helps to protect against the effects of the cold outside. So it's important to keep your home warm and to dress up warm when you go outside.
- Cold air on the head and face at night has been shown to increase blood pressure.
- So remember to close your bedroom window at night when it's cold outside.
- It is very important to keep warm in bed at night. A hot water bottle will warm up your bed, as will an electric blanket, although you must never use the two together as this can be dangerous.
- Wearing the right clothing to bed is as important as wrapping up when you go outside - thermal underwear or pyjamas and bed socks will all help keep you warm right through the night.
- A warm, milky drink before bed can also help and, if you sometimes wake during the night feeling cold, you could keep a flask of hot drink by your bedside too. Try and make sure you have enough bedclothes.
- Finally, however much you like the fresh air, in very cold weather it is advisable to keep your bedroom window closed.