

Meltham Road Surgery NEWSLETTER

Patient Participation Group (PPG) Meeting

In January we will be holding our first PPG meeting of 2018.

Meltham Road Surgery has had a Patient Participation Group (PPG) since 2012. The purpose of the meetings is so that patients, staff and doctors can discuss ways in which we could improve the practices facilities and services. Since it was formed it has proven to be a great success, improvements which have been made within the practice include the installation of automatic doors and a children's play area. We value feedback and suggestions from all our patients. A suggestion book is situated in reception, any suggestions entered will be put forward at the PPG meeting.

Missed Appointments

In October & November

488

Appointments were

MISSED

If you no longer require your appointment or are unable to attend please call us on 01484 432940 and let us know so we can give the appointment to someone else.

Travel Vaccinations

If you are travelling abroad and require travel vaccinations please note that appointments need to be booked 4-6 weeks prior to travel to ensure full protection.

We will not be able to accommodate emergency travel appointments at short notice and you maybe requested to attend a private clinic.

Free Wi-Fi is now available at the surgery.

Wi-Fi

December 2017 & January 2018

Christmas Opening Times

MONDAY 25TH DECEMBER — CLOSED

TUESDAY 26TH DECEMBER—CLOSED

WEDNESDAY 27TH DECEMBER 8AM —6PM

THURSDAY 28TH DECEMBER 8AM-6PM

FRIDAY 29TH DECEMBER 8AM—6PM

MONDAY 1ST JANUARY—CLOSED

PLEASE NOTE NO ROUTINE APPOINTMENTS WILL BE BOOKED FOR THE 27TH, 28TH & 29TH DECEMBER.

IF YOU REQUIRE MEDICAL URGENT MEDICAL ASSISTANCE WHICH CANNOT WAIT UNTIL THE SURGERY RE-OPENS PLEASE PHONE 111

CALLS TO NHS 111 ARE FREE FROM BOTH LANDLINES AND MOBILES.

FOR LIFE THREATING EMERGENCIES PLEASE PHONE 999

SAVE YOURSELF A JOURNEY AND TIME BY REGISTERING FOR FREE ONLINE SERVICES TO:

BOOK OR CANCEL APPOINTMENTS

ORDER REPEAT PRESCRIPTIONS

CHECK TEST RESULTS

AVAILABLE 24/7 365 DAYS PER YEAR

ASK AT RECEPTION FOR DETAILS.



Keep Well Keep Warm

Who is most at risk?

Very cold weather can affect everyone but you are most vulnerable if:

- You're 65 or older
- You're on a low income
- You have a long term medical condition such as heart, lung or kidney disease
- You're disabled
- You're pregnant
- You have young children newborn to school age
- You have a mental health condition

How to keep your home warm

Follow these tips to keep you and your family warm and well at home:

- If you're not very mobile, are 65 or over, or have a medical condition such as heart or lung disease, heat your home to at least 18C (65F)
- Keep your bedroom at 18C all night if you can and keep your window closed
- During the day you may prefer your living room to be warmer than 18C
- To reduce the risk of sudden infant death syndrome (SIDS) babies should sleep in rooms heated to between 16C and 20C
- If you're under 65, healthy and active, you can safely have your home cooler than 18C, if you're comfortable
- Draw curtains at dusk and keep doors closed to block draughts
- Get your heating checked regularly but a qualified professional

Protect your health in the cold

If you start to feel unwell, even if it is a cough or a cold, don't wait until it gets worse. Seek advice from your local pharmacist.

Follow these tips on keeping well in the cold:

- Find out if you can get the flu jab free on the NHS
- Wear several layers of clothes rather than one chunky layer—clothes made from cotton, wool or fleecy fibers help to maintain body heat
- Use an electric blanket or hot water bottle in bed—but don't use both at the same time
- Have at least one hot meal a day—eating regular helps to keep warm
- Make sure you have hot drinks regularly
- Try not to sit still for longer than an hour or so indoors—get up and stretch your legs
- Stay active moderate exercise can help keep you warm
- Wrap a loose scarf around your mouth when outdoors—wear a hat and gloves and wear shoes with a good grip. If you have a heart or respiratory problem stay indoors during the cold weather.



How to help look after the elderly and vulnerable this winter

Check up on older neighbors and relatives and those with heart or respiratory (breathing) problems, to make sure:

- They're safe and well
- Are warm enough especially at night
- Have stocks of food and medicines so they don't need to go out in the very cold weather

If you are worried about a relative or elderly neighbour, contact your local council or call the Age UK helpline on 0800 6781174 (8am—7pm everyday).

If you are concerned that the person may be suffering from hypothermia contact NHS 111.

Have You Had Your Flu Jab?

If not book an appointment with the nurse.

You are entitled to a free flu vaccination if you:

- * Are 65 years or over
- * Have certain medical conditions
- * Are pregnant
- * Are living in a long-stay residential care home or other long-stay care facility
- * Receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill

Front-line health and social care workers are also eligible to receive the flu vaccine. It is your employer's responsibility to arrange and pay for this vaccine.



Merry Christmas & Happy
New Year from all at Meltham
Road Surgery.