

## Practice Newsletter



*All of the team here at the Practice would like to wish our patients and their families, a very Merry Christmas and a happy [and healthy] New Year.*

### Practice Opening Hours: Christmas & New Year

Week commencing: Monday 18th December  
Normal Opening hours and clinics.  
Closing at 6.00 pm on Friday 22nd December.

Week Commencing: Monday 25th December

**CLOSED: Monday 25th December & Tuesday 26th December**

Normal opening hours: Wednesday 27th December to Friday 29th December from 8.30 am until 6.00pm

Week commencing Monday 1st January

**CLOSED: Monday 1st January**

Normal opening hours: Tuesday 2nd January 8.30 am onwards

**!! REPEAT MEDICATION REQUESTS: DEADLINE WEDNESDAY 20TH DECEMBER !!**



## Getting ready for Christmas: last minute tips

- \* **MEDICATION:** If you take medicine on a regular basis to help manage a long-term condition like high blood pressure, diabetes or asthma – or if you have any children or relatives who do – **now is the time to check that you have enough medication left to last you through the Christmas and New Year period.**
- \* **ORDER NOW:** Don't risk being caught short over the Bank Holidays, when the GP practice will be closed. Make sure that you plan ahead, and leave enough time to order and collect repeat prescriptions before Christmas Eve. **OUR DEADLINE IS WEDNESDAY 20th DECEMBER**
- \* **SELF CARE:** It's useful to keep a well-stocked medicine cupboard at home. This will ensure that you're prepared for dealing with any common illnesses like coughs, colds, sickness and diarrhoea yourself at home. Your local pharmacy will be happy to give you some advice on what to include.
- \* **WHEN WE ARE CLOSED: GP Out of Hours** - Even if your GP surgery is closed, you can still see a local GP out of opening hours by calling your usual practice number or dialling NHS 111. **Pharmacist** - Get professional health advice on common winter illnesses, and the best medicines to treat them, right on the high street. **NHS Walk-in Centres** - Access treatment 365 days of the year for every day illnesses and minor injuries you can't treat yourself at home. No need for an appointment – you can just walk in. **NHS 111** – Call if you need medical advice fast, but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobiles.

Helpful  
Tips

*Please remember, we are only closed for an additional 3 days throughout the Festive period. We will open in-between Christmas and New Year, returning to the full range of services from the 2nd January. Our website has useful information and is available 24 hours a day, 365 days a year. Find us at [www.whitwickhealthcentre.co.uk](http://www.whitwickhealthcentre.co.uk)*



We are still offering the **FREE** vaccination for Flu. We also can give you the vaccination for Shingles and Pneumonia. Please ask your clinician or our reception team to check your eligibility. We'd be more than happy to help you Beat the Bug!!!!

# CHRISTMAS TRIVIA

Christmas is celebrated in many countries all over the world and in a wide variety of ways. Many of the customs and decorations we use to make the holiday special have developed in interesting ways and their origins may be hidden in history. Here are just a few fun facts about the Festive Season.

- \* Tinsel was invented in 1610 in Germany and was once made of real silver
- \* In Poland spiders are considered to be symbols of prosperity and goodness at Christmas. In fact, spiders and spider webs are often used as Christmas tree decorations. According to legend, a spider wove baby Jesus a blanket to keep him warm.
- \* If you gave all the gifts listed in the Twelve Days of Christmas, it would equal 364 gifts.
- \* You would have to use your artificial tree for more than 20 years for it to be 'greener' than buying a fresh-cut tree annually.
- \* 'Jingle Bells' – was the first song sung by astronauts Tom Stafford and Wally Schirra in space, on December 16, 1965.
- \* Our modern day Santa Claus has to travel at more than the speed of light to deliver gifts to all the kids in the world and he would have 31 hours (considering all the time zones) on the Christmas day to get his favourite job done.
- \* The Christmas tree in Trafalgar Square is donated to the people of London every year by the people of Oslo, Norway in thanks for their assistance during World War II.
- \* The Friday and Saturday before Christmas are the busiest shopping days and not the Black Friday.
- \* Q: Who is Santa's favourite singer? A: Elf-is Presley.
- \* Q: What do you get if you cross Father Christmas with a detective? A: Santa Clues!
- \* Q: What did Mrs. Claus say to Santa Claus when she looked up in the sky? A: Looks like rain, dear!



# NEW YEAR'S RESOLUTIONS!

HELP US TO HELP YOU IN 2018

Happy  
New Year!

**Contact Details:** Please can you inform us if your contact details change. From time to time we may have to speak to you urgently and this can be very difficult if we don't have an up to date telephone number. either a land line or mobile number, or both, is very helpful .

**Reducing the amount of Waste Medication:** We know that it is tempting to ask for an extra supply of medicines "just in case" but please would you make an extra conscious effort to look through your repeat medication order sheet and not order any items where you have enough. These could be medicines that you use only occasionally or, in a few cases have stopped taking altogether. It is becoming more apparent that some patients are requesting medication unnecessarily. This has an impact on the finances of the NHS and also the quality of services offered by the NHS ( for example longer waiting times). **Please be considerate when ordering medication.**

**Tell us if we have permission to speak to your spouse, partner or someone else.** We will not discuss or share information about you with relatives or friends, unless we have your written permission.

**Tell us if you cannot make your booked appointment:** We have a lot of wasted appointments each week, often after we have had to tell another patient we are unable to see them! Please help us to help all our patients and tell us if you no longer need your appointment.

**Commit to your reviews: Quality and Outcomes Framework (QOF)**

The Government expects GPs to follow QOF standards and in order to meet these required standards, we will be writing and/or texting you in the coming months. Please do not ignore these requests and on receipt of one of these, phone the Practice and book an appointment as requested. We will be most grateful for your help with this.

THANK YOU