

Claremont Bank Surgery Newsletter

October 2017



Shrewsbury

Peer Support Group

Coffee Morning

Tuesday 3rd October 2017

10.30am - 12pm

**Roy Fletcher Centre, 17 Cross Hill,
Shrewsbury, SY1 1JE**



If you care for someone with dementia, and would like to share your experiences with others in a similar situation to you, come along to our peer support group.

For more information, please call your local Alzheimer's Society office on **01952 250392**

You may also like to join the patient group meeting which is being held on the 4th October here at the surgery. It will run from 12:45pm from 2pm.

This will be held so people can discuss different topics regarding the surgery and they can then share their opinion with others and give suggestions on what can be done better if you have any ideas.

We still have some clinics left for you to have the flu vaccination if you have not had it yet. It is vital that you have it if you are eligible. If you are unsure about any of this then please contact the surgery on 01743 248244.



Keeping warm this winter

Cold homes have a significant impact on people's health. One of the best ways of keeping yourself well during winter is to stay warm.

Keeping warm over the winter months can help prevent colds, flu, or more serious health conditions such as heart attacks, strokes, pneumonia and depression.

- Try to keep your home warm. Keep your main living room at around 18-21°C (65-70°F). If you can't heat all of the rooms you use, heat the living room during the day and the bedroom just before you go to sleep. You can also use a hot-water bottle or an electric blanket (but not at the same time) to keep you warm while in bed.
- Eat well. Food is a vital source of energy, which helps keep your body warm. Try to make sure that you have hot meals and drinks regularly throughout the day and keep active in the home if you can.
- Wrap up warm, inside and out. Layer your clothing to stay warm and wear shoes with a good grip if you need to go outside. If possible, stay inside during the cold period if you have heart or respiratory problems.
- Check on older neighbours or relatives to make sure they're safe and well. If you're worried about a relative or an elderly neighbour, contact your local council or ring the Age UK helpline on 0800 169 2081



- If you are planning on driving during the winter, please take extra care and make sure the roads are safe before you decide to travel. Most of the time there will be grit placed on the road but if you are travelling down country lanes, this may not happen.