

Claremont Bank Surgery Newsletter

December 2017

What to do when we are closed:

Dates we are closed:

Monday 25th December

Tuesday 26th December

Monday 1st January

YOU CAN CALL SHROPDOC: 0333 222 66 55

YOU CAN CALL NHS LINE: 111

Urgent Care Centre is at the **Royal Shrewsbury Hospital**, open every day 8 – 8.

**PLEASE ONLY ATTEND A+E IF YOU HAVE AN
ACCIDENT OR IT IS AN EMERGENCY**

NEW Medical Student:

Eve Horner is our new Medical Student who will be starting with us on the 4th December. They are not yet fully trained GPs so please assist in their learning and agree to an appointment if offered one. The appointments will be longer than a usual appointment as you will need to see one of our regular GPs afterwards.

Patient Group Meeting:

The next patient group meeting is:

10.01.2018

If you should like to attend please contact Jane Read (practice manager) for details.

ALL PATIENTS WELCOME

Keeping warm over Christmas

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 18-12°C (65-70°C). 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

Finally we would like to wish all the patients
of Claremont Bank Surgery a
Merry Christmas and a Healthy New Year...

