



# FARLEY ROAD MEDICAL PRACTICE NEWSLETTER



WINTER 2023



## Winter has arrived

As the winter months set in and it gets colder outside, staying warm can be challenging, especially when budgets are squeezed.

The Energy Saving Trust has advice on how to save money on your heating bills  
<https://energysavingtrust.org.uk/energy-at-home/>

The Red Cross have information about staying warm during the winter, including a link to the 3,000 plus Warm Hubs across the country that are offering a warm place to be if you're struggling to heat your home.

<https://www.redcross.org.uk/stories/health-and-social-care/health/tips-on-keeping-warm-this-winter>

## DNA's (Did Not Attend)

Since 1st October 395 patients did not attend their appointments.

## Flu Vaccine

If you are eligible and haven't yet had your flu vaccine, please book an appointment with one of the practice nurses.

## Festive Opening Hours

The practice will be closed on Monday 25th and Tuesday 26th December. Any prescriptions requests received during these days will be picked up Wednesday.

We are also closed on New Year's Day therefore, the same process applies.

Please remember to allow 72 hours (3 working days) for prescription requests to be processed.

## Mental Health and the Festive Season

Andy Williams sang "It's the most wonderful time of the year", but not everyone enjoys the festive season. If you struggle with your mental health at this time of year, there are lots of options for support, including talking to one of the team at your GP surgery.

If you're facing the thought of Christmas alone and you're an older adult, the Salvation Army may be able to help. They're offering meals and support to a wide variety of individuals and families.

<https://www.salvationarmy.org.uk/christmas>

If you're on a limited budget and concerned about the costs of Christmas, you'll find a handy guide from the BBC about making the most of your budget for Christmas dinner.

[https://www.bbc.co.uk/food/articles/christmas\\_dinner\\_budget](https://www.bbc.co.uk/food/articles/christmas_dinner_budget)

The Samaritans offer a non-judgmental listening service 24/7, including on Christmas Day. They also have some advice on how you can self-care during the run-up to Christmas.

<https://www.samaritans.org/how-we-c...time/spending-christmas-festive-season-alone/body>

If you need help for a mental health crisis or emergency, you should get immediate expert advice and assessment.

Attend A&E or call **0800 028 8000**



## My Annual Health Review

Every year normally in your birthday month you will be called to have a Health Review. This consists of 2 parts or 2 appointments to review your medication and or your long term health conditions.

### Part 1 or first Appointment

This is with a Nurse or HCA and involves the physical exam. This will include a

Blood test

Urine test

Blood pressure

Weight/height

Foot check if you are Diabetic

The Nurse or HCA will also ask you some questions about your health such as your smoking status and alcohol intake.

You will be contacted when the results are back to book

### Part 2 or second appointment

This is with a Nurse Prescriber or Pharmacist.

This appointment might be on the telephone or Face to face.

The professional will go through your Blood test results and other results taken in part 1. They will go through your medication to check it is still needed. They may change or add medication if needed. It will also be an opportunity to ask questions about your long term health condition or medication.

If all your results are stable, we will still need to book you in for a part 2 to discuss your overall health and offer advice/support if needed.

## Social Prescribing

Social prescribers connect people with local community activities and services that can help improve their health and wellbeing reducing loneliness. A vital part of their role will be to build relationships with the people they are helping by listening carefully to what's important to them and what motivates them.

They have a wealth of information and knowledge about various services and groups in the local communities they work in. Whether you are a new mum, someone looking to do voluntary work, or an older person needing additional help, the social prescriber may be able to assist.

Often, patients who attend groups and clubs start to establish friendships enabling them to become involved in other activities and expand their friendship networks and social interactions. Social prescribers can help with a number of different non-medical social needs and difficulties. If you feel they can help you please contact the practice for an appointment.

## Staff changes

The Practice has welcomed two new members of staff.

Suzanne - Care Co-Ordinator

Karen - Receptionist

## Thank you

We'd like to thank you for being polite to the members of our practice team. Our staff have feelings too, and your thoughtfulness and consideration when speaking to our staff members is appreciated.

The practice team would like to wish you a Happy Christmas

## PPG



We have an active PPG (Patient Participation Group) at the practice. If you would like to come to a meeting or to find out more information, please contact

Biman Ghosh on 07905142596 /

bandrghosh@hotmail.com

For a copy of the recent AGM minutes please follow this link

<https://www.farleymedical.co.uk/>

