

CLIFTON MEDICAL PRACTICE

Clifton Cornerstone, Southchurch Drive, Clifton, Nottingham, NG11 8EW

Tel ; 0115 9211288 (option 4)

www.cliftonmedicalpractice.co.uk

WINTER WELLNESS!

Winter is well and truly upon us and many of us are affected by the cold weather especially those who are vulnerable, such as the Elderly, children under five and people with certain health conditions.

Here at Clifton Medical Practice, we would like to help you to recognize when to call for a GP appointment as sometimes there are things you can do at home to manage your symptoms.

The pharmacy can be used for minor ailments, such as colds, coughs, rashes, UTIs, insect bites, hay fever to name but a few and often have consulting rooms for the pharmacist to see you privately.

For non-urgent problems, 111 is available 24 hours a day and you will speak to a trained clinician for your problem. They can prescribe medication if they think necessary and can sometimes arrange appointments at your surgery.

There are lots of ways to stay well in winter time and the NHS have plenty of resources to help you. The NHS website (www.nhs.uk) is packed with tips and also links to apps that you can download onto your smartphone.

There are apps for anyone wishing to quit smoking, an app for those who would like to lose weight, another for people who would like to stop drinking alcohol or just cut down or monitor your intake and apps for couch to 5k or just to get a bit more active. All these apps are free and very easy to use on your phone.

You can also protect yourself by having the Flu vaccine, which is free to over 65s and those under 65 with certain health conditions. If you think you are eligible and would like a flu vaccine, please contact the surgery and we will book an appointment for you.

We are not administering the Covid vaccine at the surgery but if you are eligible, you can call 119 and they will book you into a local clinic. The NHS website has information on who is eligible this year.

One of the ways to keep well in winter is to keep warm. Damp and cold homes can play havoc with respiratory conditions and those with conditions like Arthritis that is worse in cold weather and often people are afraid of heating their homes due to rising costs of fuel. The government has put measures in place to help the most vulnerable and those in receipt of certain benefits. You check if you are eligible for support on the website www.gov.uk. The Elderly particularly suffer at this time of

year and we should all pay attention to our Neighbours and relatives, especially those living alone. Checking on these vulnerable people could be the difference between life and death, and if you are worried about an elderly Neighbour, friend or relative, then you can call Age UK on 0800 169 6565 who will be able to help.

Problems relating to mental health has risen since the pandemic started and more people than ever are suffering, especially young people. There is help if you need it and the first step is asking for help.

If you are suffering with your mental health, then please reach out and talk to someone. There are charities you can call, self-referral therapy, and we have a mental health worker at the surgery called Livia Brown that has appointments face to face.

Talking Therapies self refer – www.nhs.uk/mentalhealth

Samaritans - call 116123 free number or www.samaritans.org

Crisis Team – 0300 300 0065 24 hours/7days a week or www.nottinghamshirehealthcare.nhs.uk

We all struggle from time to time so be kind to yourself and practice self-care when you can. We are all busy with our lives that sometimes we neglect ourselves and just taking 10 minutes a day for quiet time with your own thoughts can recharge your batteries. Being creative is a good way to unwind too, there are plenty of workshops and groups or even You tube videos to teach yourself a new skill such as crocheting, knitting, writing, painting.

Nottinghamcitylibraries.co.uk – for creative groups or ask the reception team to refer you for social prescribing who can help you find groups and likeminded people to socialise with.

Going for a walk can rejuvenate your senses, just remember to wrap up warm and if going out for a long walk, take a drink with you (a hot flask of tea or soup if you have one), wear sensible shoes and tell someone where you are going. It really clears your head and leaves you feeling refreshed. Regular walking can improve your sleep too so it's a winner all round!

SICK NOTES/FIT NOTES

Our online platform for renewing your sick note is starting to be used regularly now and saves you time ringing for an appointment.

If you need to extend your current sick note you can request this easily online either on the NHS app or via a link on our website (www.cliftonmedicalpractice.co.uk), our reception staff will be happy to show you how to access the service if you have your phone to hand at the desk.

OUR CHRISTMAS OPENING TIMES ARE AS FOLLOWS:

Monday 25th , Tuesday 26th - CLOSED

Wednesday 27th, Thursday 28th, Friday 29th - 8am – 6.30pm

We would like to wish you a Merry Christmas and a Happy new Year from all of us at Clifton Medical Practice, we hope you stay safe and well, and remember – be kind to yourself!

QUARTERLY QUOTE – Of all the judgements we pass in life, none is more important than the judgement we pass on ourselves – Nathaniel Branden

