

PARK ROAD MEDICAL PRACTICE

&

BATTLE HILL HEALTH CENTRE

November 2018

Flu Clinics

We recommend our most vulnerable patients receive the NHS Flu Vaccination to protect from the influenza virus across the cold winter months.

If you are either over the age of 65, pregnant or have one of the following illnesses this message is aimed at **YOU**:

- Diabetes
- Asthma

Lung/Kidney/Liver/Heart Disease

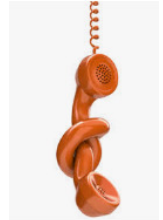
For more information regarding our Flu Clinics or to book your vaccination, please ask at reception.



Phone problems @ Battle Hill

Due to circumstances beyond our control we have had encountered several issues with the telephone system at Battle Hill

We are pleased to announce that the telephone system is scheduled for replacement but we appreciate your continued support in highlighting any ongoing issues.



Change of Personal Details

It is very important that you notify us of any changes to your personal details to ensure your medical records are kept up to date.

If you are changing your name or address please notify us immediately with supporting evidence e.g. bank statement for address changes or marriage/deed poll certificate for name changes.

Missed Appointments

Every month there are many patients who miss their scheduled appointments.

This is not only a huge waste of GP time but also prevents other patients from booking these much-needed appointments.

Please ensure you inform us if you are unable to attend your appointment so we can ensure it is cancelled and made available for another patient.



Register for On-line Access

Book and cancel appointments on line.
Order repeat medication on line.

For further information speak to reception staff.

Extended Access

Appointments are available on Saturday mornings at Battle Hill Health Centre with a GP, practice nurse or Health Care Assistant, this is instead of a Tuesday evening at Park Road Medical Practice

Wrap Up Warm This Winter

Scarves at the ready and wrap up warm this Winter! As the weather gets colder our chances of becoming ill from common colds and flu increases. It is important to reduce your risk and the risk to others by taking the following simple steps:

- wash hands regularly to reduce the risk of germs spreading;
- keep warm and drink plenty of hot drinks.

Age UK are currently promoting information regarding temperatures within the home:

Living room – 21 Degrees Celsius

Bedroom – 18 Degrees Celsius

Staying Safe

With both dark nights and bad weather approaching it is important we stay vigilant whilst driving and walking in wet and icy conditions.

This can lead to nasty accidents from slips and falls, as well as more serious road accidents. Please help protect yourself and others by taking extra precautions over the winter period.



Alcohol Awareness

Drink Driving: With this in mind it is particularly important to be aware of alcohol limits especially when driving – again especially when entering the party season.

Don't drink and drive, is it really worth the risk?



Stay Well This Winter

The NHS 'Stay Well This Winter' campaign urges the public to:

- Make sure you get your flu jab if eligible.
- Keep yourself warm – heat your home to least 18 degrees C (or 65F) if you can.
- If you start to feel unwell, even if it's just a cough or a cold, then get help from your pharmacist quickly before it gets more serious.
- Make sure you get your prescription medicines before pharmacies close on Christmas Eve.
- Always take your prescribed medicines as directed.
- Look out for other people who may need a bit of extra help over winter.

Future Newsletters

Let us know what you would like to see in future newsletters!



Festive Season Opening Hours

Tuesday 25th December 2018—Closed
Wednesday 26th December 2018— Closed
Tuesday 1st January 2019—Closed

Normal hours at all other times.