

Practice Newsletter



Winter Edition 2017/18
Dr Freeman & Partners



*WORKING TOGETHER TO PROMOTE
WELLBEING FOR ALL*

Oulton Medical Centre

Quarry Hill
Oulton
Leeds LS26 8SZ
Tel: 0113 2822138

www.oultomedicalcentre.co.uk

Marsh Street Surgery

25a Marsh Street
Rothwell
Leeds LS26 0AG
Tel: 0113 2821571

www.marshstreetsurgery.co.uk

Christmas and New Year Practice Opening Times

Oulton Medical Centre		Marsh Street Surgery	
Fri 22 nd December	08.00 – 18.00	Fri 22 nd December	08.00 – 18.00
Sat 23 rd December	Closed	Sat 23 rd December	08.00 – 13.00 <i>(pre-booked appointments only)</i>
Sun 24 th December	Closed	Sun 24 th December	Closed
Mon 25 th December	Closed	Mon 25 th December	Closed
Tue 26 th December	Closed	Tue 26 th December	Closed
Wed 27 th December	08.00 – 18.00	Wed 27 th December	08.00 – 18.00
Thur 28 th December	08.00 – 18.00	Thur 28 th December	08.00 – 18.00
Fri 29 th December	08.00 – 18.00	Fri 29 th December	08.00 – 18.00
Sat 30 th December	Closed	Sat 30 th December	08.00 – 13.00 <i>(pre-booked appointments only)</i>
Sun 31 st December	Closed	Sun 31 st December	Closed
Mon 1 st January	Closed	Mon 1 st January	Closed
Tue 2 nd January	08.00 - 18.00	Tue 2 nd January	08.00 – 18.00



Well done!
The Practice is pleased to announce that both Claire and Ashleigh successfully completed their studies and are now qualified Health Care Assistants at the Practice.

Children in Need:
Staff and doctors at the practice came to work in “non-uniform” on the 17th November, Children in Need day, and raised a fantastic £95.00.



Appointment system
On reviewing our appointment system and responding to patients comments, we have increased the amount of appointments available to be booked on the day.
Blood Test Appointments:
Please note all our blood appointments are also available to be booked on line with our phlebotomist, Claire Harding, via our website
www.oultomedicalcentre.co.uk

Protect your health in the cold this Winter

If you start to feel unwell, even if it's a cough or cold, don't wait until it gets more serious. Seek advice from your pharmacist. They will be able to advise you on the best products for your symptoms.

Common winter illness such as colds can be prevented by regular hand washing; this destroys bugs that you may pick up from touching surfaces used by other people. Unfortunately there is no cure (antibiotics will not help) for the common cold, but you can look after yourself at home by:

- * **resting, drinking plenty of fluids and eating healthily**
- * **taking over-the-counter painkillers, such as paracetamol or ibuprofen to reduce any fever or discomfort**
- * **using decongestant sprays or tablets to relieve a blocked nose**
- * **trying remedies such as gargling salt water and sucking on menthol sweets**

Painkillers and decongestants are available from pharmacies without a prescription. They're generally safe for older children and adults to take, but might not be suitable for babies, young children, pregnant women, people with certain underlying health conditions, and those taking certain other medications. Speak to a pharmacist if you are unsure.

Follow these tips on keeping well during the cold winter months:

- Book your flu jab (free to over 65yrs and at risk groups; asthma, diabetes, chronic lung/liver/renal, heart disease, stroke, pregnant, illness of nervous system and children 2yrs-4yrs)
- wear several layers of clothes rather than one chunky layer – clothes made from cotton, wool or fleecy fibres help to maintain body heat
- have at least one hot meal a day – eating regularly helps keep you warm; and make sure you have hot drinks regularly
- Keep active - try not to sit still for more than an hour.
- Stock medicine cupboards with any necessary essentials such as paracetamol, cold remedies, plasters, and maybe something to help mince pie induced indigestion! Also stock kitchen cupboards with tinned or dried foods so you have something in when the weather is bad.
- Order repeat medications in good time so you do not run out over the festive period when the surgery is closed. (see overleaf for Christmas opening times)

Don't forget to look in on vulnerable neighbours and relatives

Check up on older neighbours and relatives, and those with heart or respiratory (breathing) problems, to make sure they're safe and well and warm enough, especially at night. Also check whether they have stocks of food and medicines so they don't need to go out during very cold weather.

**The Doctors and Staff wish all our patients a Happy and safe Christmas and a
* Healthy New Year ***

**Dr Freeman, Dr Duvenage, Dr Gough, Dr Halligan, Dr Gatenby
Dr Gascon Mora, Dr Sarveswaran and Dr Miah
Practice Manager : Mr Nick Gwatkin**