

**Clifton House Medical Centre**

**Newsletter**

**Autumn/Winter 2018**

We would like to wish all of our patients a very merry Christmas and a happy, healthy new year.

**Christmas Closing Times**

The surgery will be closed on 25th & 26th December as well as 1st January 2019. For emergencies, please call 111.

**We would like to say a massive thankyou to everyone for helping us to raise £226 for Breast Cancer Awareness. Also, we raised £25.61 for The Marie Curie Daffodil appeal.**

We appreciate all of our patients support.

**As some of you know we now have a new GP Dr Baranauskas and we hope she is settling into her new role.**

**Same as last year we will be a drop off point so you can donate gifts for Viking FM’s Mission Christmas Cash for Kids until 14th December. We thank you in advance for your donations.**

**Connect Well** helps people to manage their health better and improve their wellbeing by providing advice and supporting them to access local community groups, activities and services.

Connect Well are funded by NHS Hull Clinical Commissioning Group and Hull City Council, Connect well is delivered by Hull and East Riding Citizens Advice and North Bank Forum, working in partnership.

For more information about Connect Well please ask our reception team or visit their website

[www.connectwellhull.org.uk](http://www.connectwellhull.org.uk)

If you need support to try something new, get active or speak to someone about benefits, housing or money worries, please join our **Well- Being Officer** at our surgery.

**Every Friday 13:00-17:00**

**Want to stop smoking?**

We have a stop smoking service that runs on a Thursday after- noon 1.30pm—3.30pm at the surgery. Just ask at reception and we will get you booked in for an appointment to see our stop smoking advisor.

**Stay well this winter**

We all know that the cold weather can be bad for our health, but there are simple things that can help you and your family stay well throughout the winter months:

* Protect yourself from Flu – If you’re eligible it’s important that you have your free flu vaccination. For people with existing health problems, young children and pregnant women, the flu can be very nasty and even dangerous.
* Seek early advice – If you start to feel unwell, even if it is just a cough or cold, don’t wait until it gets serious – ask for help from your local pharmacist. The sooner you get advice the better. You do not need an appointment and if you live in Hull you may be able to receive medicine for free under the minor ailments scheme.
* Know where to get treatment – Winter can be very demanding on health services. It is important to visit the right service for your needs as this will help you to be seen quickly and effectively. If you’re un- sure where to go you can call NHS 111 for advice.
* Keep warm – Keep yourself warm both inside and outdoors. This can help to prevent colds, flu and more serious health problems, such as heart attacks, strokes pneumonia and depression. Heat your home to at least 18°C (65°F) if you can. You might prefer your living room to be slightly warmer.

**Remember, if you have a long-term health condition such as: COPD, bronchitis, emphysema, diabetes, heart or kidney disease, or have suffered a stroke, then the cold weather could make these conditions worse. Get advice from your pharmacist at the first signs or symptoms of a winter respiratory illness, before it gets more serious.**

**Can’t Make It? Don’t Need It? Cancel It?**

**In September 204 patients did not attend their appointment**

These appointments are valuable and if for any reason you are unable to attend, would you kindly ensure you contact the surgery and let us know so that we can allocate these appointments to other patients in need. By having your mobile number and consent, a reminder can be sent to you.