

Newsletter

December 2022



Monday 26th December – CLOSED

Tuesday 27th December – CLOSED

Wednesday 28th December – OPEN

Thursday 29th December – OPEN

Friday 30th December – OPEN

Saturday 31st December – CLOSED

Sunday 1st January 2023 – CLOSED

Monday 2nd January 2023 – CLOSED

Tuesday 3rd January 2023 – OPEN

IF YOU REQUIRE MEDICAL ADVICE OR ASSISTANCE OUTSIDE THE PRACTICE HOURS
PLEASE CALL 111 OR, IN AN EMERGENCY, CALL 999

Merry Christmas and Happy New Year From Everyone Here at The Practice





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Tel 01773 602141
Fax 01773 601704/601708
Email SDERCCG.AdminSomercotes@nhs.net

Medicines Order Line

As Christmas, New Year and multiple bank holidays are approaching, we expect the Medicine Order Line (MOL) to experience high demand and higher than usual call volume.

To help with the increased pressure on both the MOL service and GP practices, if your medication is due during the Christmas period (between 19th December and 3rd January), the MOL will accept your medication request 14 days prior to the due date, as opposed to the usual 7 days (For example, if medication is due on 26th December, the MOL will accept the request on the 12th December).

Controlled Drugs will be dealt with in the normal way, whereby future dating them to the date due on the clinical system. These will not be issued any earlier. If the date due falls on a weekend or bank holiday, then they will be future dated to 2 working days prior to this (allowing for pharmacies to order in any stock needed).

All patients are encouraged to order your prescriptions in advance ensuring enough time for the prescriptions to be signed by a GP and processed by the pharmacy.

The MOL is one of many ways to order prescriptions. If you have access to the internet or email, you can use the following alternative ordering methods:

- NHS app
- Online ordering via the GP clinical system
- Medicine Order Line call back service – please email:
 - ddicb.northmolonlinerequests@nhs.net (for patients who would telephone the 01246 number)
 - ddicb.southmolonlinerequests@nhs.net (for patients who would telephone the 0115 number)
- Electronic Repeat Dispensing (eRD)

To confirm, the MOL will be closed on the following bank holidays - 26th December, 27th December, 2nd January

Mental health

The winter months can seem long and dark, and for many people, this leads to feeling low. Seasonal Affective Disorder affects around 2 million people in the UK.

You can reduce the effect of Seasonal Affective Disorder and improve your mental health by taking some simple steps such as making sure you get enough daylight and enough exercise during the winter.



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<https://www.metoffice.gov.uk/weathe...ice/health-wellbeing/winter-and-mental-health>
<https://www.nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad/overview/>

If you're struggling with your mental health, we're here to help you. Please ask to speak to one of our team so we can get the right support in place for you.

If the practice isn't open, or you don't feel able to speak to a member of our team, Samaritans is a non-judgemental listening service, available 24/7 if you feel you need to talk <https://www.samaritans.org>

If you're a barber or hairdresser, whether or not you have heard of "BarberTalk" or the Lions Barber Collective before, it's well worth a look. You'll know how many clients open up in the chair about their lives, and BarberTalk aims to harness that by supporting you to signpost organisations that can help with mental health. <https://www.thelionsbarbercollective.com/about-us/>

If you feel in urgent need of help with your mental health you can find out how to access support here. <https://www.nhs.uk/nhs-services/mental-health-services/get-urgent-help-for-mental-health/>

Maintaining healthy eating

Eating well gives us the best chance of staying healthy over time.

You can eat healthily on a budget. Some of the healthiest food options are cheap to buy.

If your food budget is a real concern, Pats' Food is a website aimed at helping people to eat well on a tight budget. With recipes and meal plans aimed at ensuring a family can eat for under £1 per person per day, there are costed meal plans for families at under £30 per week.

<https://www.nhs.uk/live-well/eat-well/>

<https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition/eat-well-on-a-budget>

<https://www.patsfood.org>

Staying warm and cost of living

Keeping warm over winter is essential for your well-being. The cost of living means some people are struggling to stay warm, there are plenty of ways to improve things that don't have to cost a great deal.

The Met Office offers advice on ways to keep your home warm in winter. This helpful article also links to some of the support you could receive to help with the cost of living.

British Gas has some advice on the most efficient ways to keep your home warm in winter.



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Heating Force offers some extra tips on how to keep the heat inside your house, including some easy, affordable tips you might not yet have thought about.

Finally, the Guardian has a host of tips using everyday items that are already available in your home to help you stay warm for no additional cost.

The BBC has done some research about how cold weather affects your body. Cold weather makes serious conditions like heart attack and stroke more likely.

<https://www.metoffice.gov.uk/weathe...ce/your-home/keeping-your-home-warm-in-winter>

<https://www.britishgas.co.uk/the-source/beat-the-weather/warm-home-winter.html>

<https://heatingforce.co.uk/blog/keep-house-warm-winter/>

<https://www.theguardian.com/lifeand...-to-stay-warm-without-whacking-up-the-heating>

<https://www.bbc.co.uk/news/health-63602501>

People in the UK are receiving support over the winter to help with the cost of energy. What you will receive and how you will receive it depends on how you get the energy to power your home.

If you were born before 26th September 1956, you are eligible for the Winter Fuel payment to help with your fuel bills. Following the link will also show you other payments you might be entitled to. Additionally, if you receive certain benefits or Support for Mortgage Interest, you may receive an additional payment if the weather is very cold. You can find out more here.

<https://www.gov.uk/guidance/getting-the-energy-bills-support-scheme-discount>

<https://www.gov.uk/winter-fuel-payment>

<https://www.gov.uk/cold-weather-payment>

If money worries are stopping you from taking your children out for the day, there are some fantastic free activities you can try. From free museums to days out in the woods, there is something for everyone.

Indoors? Small spaces heat up faster and children LOVE an adventure. Consider making a blanket fort with your children when it is chilly. You'll stay warmer and the children will have a lot of fun.

<https://www.dayoutwiththekids.co.uk/hub/things-to-do/free-family-days-out>

<https://www.wikihow.com/Make-a-Blanket-Fort>



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Free school meals

Some children can receive free school meals. If you haven't checked whether you are entitled to them, you can find out more here.

<https://www.gov.uk/apply-free-school-meals>

Caring for elderly relatives

If you look after someone else, whether because they are older, or disabled, or due to ill health, it's important to make sure you get the help you need. AgeUK has lots of information to help and support you.

You may be able to get access to some support and respite. It's important to make sure you take the support offered so you can continue in your caring role.

If you find that you or someone you care for needs more help and support than the current situation allows for, there are ways you can get the support you need. Depending on the situation, care may be provided by the local authority, NHS or a private care organisation.

<https://www.ageuk.org.uk/information-advice/care/helping-a-loved-one/>

<https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/> <https://www.nhs.uk/conditions/social-care-and-support-guide/introduction-to-care-and-support/>

Norovirus

Norovirus is also known as the "winter vomiting bug". It can be very unpleasant, but generally only lasts a couple of days.

If you, or a family member is suffering from vomiting or diarrhoea, there are some ways to make managing this at home easier. Make sure your drink plenty of fluids so you do not get dehydrated.

<https://www.nhs.uk/conditions/norovirus/>

<https://www.nhs.uk/conditions/diarrhoea-and-vomiting/>

Domestic abuse

If you're experiencing domestic abuse, Refuge has lots of information to help and support you, with a quick exit button if you need to hide what you're looking at hurriedly.

The National Domestic Abuse Helpline, run by Refuge, offers support if you are experiencing domestic abuse. Domestic abuse includes coercive control, financial and verbal abuse, as well as violent behaviour. You can call for support any time, day or night.



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If you're at immediate risk of violence, knowing how to make a silent 999 call might help save your life. When connected to 999, press "55" so they know the call isn't accidental.

If English isn't your first language you can find Home Office advice on getting support if you're experiencing domestic abuse in Arabic, Bengali, Farsi, French, Gujarati, Hindi, Pashto, Punjabi, Somali, Turkish, and Urdu

<https://refuge.org.uk>

<https://www.nationaldahelpline.org.uk>

<https://www.met.police.uk/contact/how-to-make-a-silent-999-call/>

<https://www.westyorkshire.police.uk...advice-other-languages/advice-other-languages>

NHS111 for OOH – and alternatives

Over the festive season the practice will be closed for weekends and bank holidays. If you need assistance when the practice is closed you can see what support is available here. <https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/nhs-out-of-hours-services/>