



# ST MARTIN'S GATE SURGERY

HAPPY TWO YEAR ANNIVERSARY TO OUR PATIENT NEWSLETTER!

Issue 25  
December 2016

Merry Christmas and A Happy New year from all members of staff. Please note that St. Martin's Gate and St. Peter's will be closed on the following days over the holiday period.



Date	St. Martins Gate	St. Peters
Friday 23rd December	OPEN AS USUAL	OPEN AS USUAL
Monday 26th December	CLOSED	CLOSED
Tuesday 27th December	CLOSED	CLOSED
Wednesday 28th December	OPEN AS USUAL	OPEN AS USUAL
Thursday 29th December	OPEN AS USUAL	OPEN AS USUAL
Friday 30th December	OPEN AS USUAL	OPEN AS USUAL
Monday 2nd January	CLOSED	CLOSED
Tuesday 3rd January	OPEN AS USUAL	OPEN AS USUAL

If you need to be seen when we are closed, please use the Out of Hours Service and call 111. Also remember that your local Pharmacist can offer advice and no appointment is necessary, see our website link for South Worcestershire GP Services.

**Winter Tiredness... Do you find it harder to roll out of bed every morning when the temperature drops and the mornings are darker? If so, you're not alone.**

**Many people feel tired and sluggish during winter. Here are five energy-giving tips...**

If you find yourself longing for your warm, cosy bed more than usual during winter, blame the lack of sunlight. As the days become shorter, your sleep and waking cycles become disrupted, leading to fatigue. Less sunlight means that your brain produces more of a hormone called melatonin, which makes you sleepy. Because the release of this sleep hormone is linked to light and dark, when the sun sets earlier your body also wants to go to bed earlier - hence you may feel sleepy in the early evening. While it's normal for all of us to slow down generally over winter, sometimes lethargy can be a sign of more serious winter depression. This health condition, known medically as seasonal affective disorder, affects around 1 in 15 of us but can be treated. Try these tactics to boost your vitality during the winter months.



- **Sunlight is good for winter tiredness** - Open your blinds or curtains as you get up to let more sunlight into your home. Get outdoors in natural daylight as much as possible, even a brief lunchtime walk can be beneficial.
- **Get a good night's sleep** - When winter hits it's tempting to go into hibernation mode, but that sleepy feeling you get in winter doesn't mean you should snooze for longer.
- **Fight winter tiredness with regular exercise** - Exercise may be the last thing you feel like doing on dark winter evenings, but you'll feel more energetic if you get involved in some kind of physical activity every day.
- **Learn to relax** - Feeling time-squeezed to get everything done in the shorter daylight hours? It may be contributing to your tiredness; stress has been showing to make you feel fatigued. There is no quick-fire cure for stress but there are some simple things you can do to alleviate it by meditation, yoga, exercise, breathing exercises etc.

All information is taken from the NHS Choices website.

If you are experiencing any of the following problems, you can book in to see one of our Advanced Nurse Practitioners who work alongside our GPs. If required, they are able to prescribe medication for you.

MINOR ILLNESS	MINOR AILMENT	MINOR INJURY
Ear Infection	Hay fever	Acute back pain (muscular)
Cough / Cold	Insect bites/stings	Any minor injuries less than 1 week (more than 1 week, go to A&E)
Throat infection / mouth infections	Rashes (inc. Impetigo and scabies)	Torticollis (wry neck)
Chest infection	Allergies	Animal bites
Eye infection	Fungal skin infections / oral and vaginal candida (thrush); fungal infections	Wounds / wound infections
Dysuria (female) / cystitis / urinary problems	Emergency contraception	
Wound infection/ cellulites	Red eye / eye infection	
Viral infections	Threadworms	
Sinusitis	Head lice	
Dizziness	Eczema / dermatitis	
Abdominal pain (new episode—not already undergoing treatment)	In growing toenails	
	Paronychia (finger nail infection)	
	Diarrhoea / vomiting	

## Patient Participation Group



A date for your diary...

At the next Patient Participation Group meeting, being held on Thursday 26th January 2017 starting from 5:30pm there will be a guest speaker. Alice Spearing from St. Richard's Hospice will be giving a small presentation on all the services they provide with questions afterwards.

This is of course, open to all patients even if you are not a member of the Patient Participation Group.



**St. Richard's Hospice**  
CARING FOR LIFE