



ST MARTIN'S GATE SURGERY

HAPPY THREE YEAR ANNIVERSARY TO OUR PATIENT NEWSLETTER!

Issue 37
December 2017

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 22nd December	OPEN AS NORMAL	OPEN AS NORMAL
Monday 25th December	CLOSED	CLOSED
Tuesday 26th December	CLOSED	CLOSED
Wednesday 27th December	OPEN AS NORMAL	OPEN AS NORMAL
Thursday 28th December	OPEN AS NORMAL	OPEN AS NORMAL
Friday 29th December	OPEN AS NORMAL	OPEN AS NORMAL
Monday 1st January	CLOSED	CLOSED
Tuesday 2nd January	OPEN AS NORMAL	CLOSED

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.

CHRISTMAS / NEW YEAR HOLIDAY PRESCRIPTIONS

With the holiday season fast approaching; please ensure that we receive your prescription requests by Tuesday 19th December am in order to guarantee it is ready for collection before the Christmas break.

Thank you.



Since 1st January 3403 patients have been booked to see an Advanced Nurse Practitioner when asking for an urgent appointment. Of these, only 25 were referred onwards to be reviewed by a GP. Advanced Nurse Practitioners (ANP's) can assess a patient, make a diagnosis and provide treatment, just like a doctor. Apart from patients with mental health issues or pregnant patients, there is no reason if a patient needs to be seen urgently, they cannot see an ANP. Although ANP's cannot issue a sick note, if it is deemed one is necessary during consultation, they will request this from a GP, who will action the same day.

Please try, where possible, to use the self check-in screen if you are checking in for an appointment with one of our Clinicians. There are step by step instructions on how to use the touch screen and a list of where all the clinicians rooms are i.e. room number and either upstairs or downstairs.

This will hopefully keep the main reception free for more general enquiries and meaning you arrive and check in for your appointment on time.

Patient Participation Group

Successful Patients' Information Evening

On Thursday evening 23rd November, 26 patients heard David Pearson tell of his experiences whilst supporting his wife who died of Alzheimer's disease at the age of 54. Based on this experience he suggested avenues of support with contact details and the strategies he had used to assuage his wife's frustration at her gradual loss of ability to communicate and eventually the ability to move or feed herself.

David explained that he had decided to widen his knowledge and understanding of Dementia, which wasn't a disease of old age but affected younger people, the youngest person he knew had been diagnosed at the age of 31. Also dementia isn't something that automatically comes with aging.

He was now using his experiences to volunteer for the Alzheimer's Society and to spend time with sufferers and their carers to alleviate their own frustrations. One of these is an initiative called "Head to Head" where volunteers spend time with a sufferer to revisit favourite pastimes or hobbies.

Everyone appreciated David's willingness to be completely open about his experiences, his emotions and on occasions his inability to cope. We all left the evening not only with a better understanding of where to seek help if living with someone with Dementia, but also of the impact it can make on yourself, as a carer.

The Patient's Group would be interested to hear of any other topic you would come to if it was part of an information evening, Please email: colin.major@tesco.net

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 are not alone. Many people feel tired and sluggish during winter. Here are some 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 vitality during the winter months.



- **Sunlight is good for winter tiredness** - open your blinds and curtains as you get up to let more sunlight into your home. Get outdoors in natural daylight as much as possible, even a brief lunch-time 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.