



# ST MARTIN'S GATE SURGERY

HAPPY FOUR YEAR ANNIVERSARY TO OUR PATIENT NEWSLETTER!

Issue 60

December 2019

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
Monday 23rd December	OPEN AS USUAL	CLOSED
Tuesday 24th December	OPEN AS USUAL	CLOSED
Wednesday 25th December	CLOSED	CLOSED
Thursday 26th December	CLOSED	CLOSED
Friday 27th December	OPEN AS USUAL	OPEN AS USUAL
Monday 30th December	OPEN AS USUAL	OPEN AS USUAL
Tuesday 31st December	OPEN AS USUAL	CLOSED
Wednesday 1st January	CLOSED	CLOSED
Thursday 2nd January	OPEN AS USUAL	OPEN AS USUAL
Friday 3rd January	OPEN AS USUAL	OPEN AS USUAL

\*\* PLEASE NOTE - ST PETER'S SURGERY WILL ALSO BE CLOSED ON MONDAY 16TH, TUESDAY 17TH AND FRIDAY 20TH DECEMBER \*\*

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 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 make you sleepy. Because the release of this sleep hormone is linked to light and dark, when the sun sets earlier your body also want to go to bed earlier - hence you make feel sleepy in the early evening. While it's normal for us all to slow down generally over winter, sometimes lethargy can be a sign of more 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 ingot 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 shown 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.

## ORGAN DONATION LAW IN ENGLAND IS CHANGING - PASS IT ON



From Spring 2020, organ donation in England will move to an 'opt out' system. You may also hear it referred to as 'Max and Keira's Law'. This means that all adults in England will be considered to have agreed to be an organ donor when they die unless they have recorded a decision not to donate or are in one of the excluded groups. You still have a choice if you want to be an organ donor or not when you die.

The law is being changed to help save and improve more lives. Every day across the UK, someone dies waiting for a transplant.

These changes will affect all adults in England unless they have recorded a decision not to donate or are in one of the following excluded groups:

- Those under the age of 18
- People who lack the mental capacity to understand the new arrangements and take necessary action
- Visitors to England, and those not living here voluntarily
- People who have lived in England for less than 12 months before their death

For more information about this change of law please visit [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk)



The next Patient Participation Group meeting is being held here on Wednesday 15th January at 5:30pm. It's an open invitation to all patients who would like to attend.



### ASTHMA AND THE COLD...

Cold weather can have a serious impact on the 5.4 million people with asthma in the UK. According to Asthma UK, three quarters of people with asthma say that cold air is a trigger for their symptoms and 90% reckon that having a cold or flu makes their asthma considerably worse. During the colder months, you can help to control your asthma by remembering to keep taking your regular preventer medicines as prescribed by your doctor, wrap up well and wear a scarf over your nose and mouth - this will help to warm up the air before you breathe it in. Also take extra care when exercising in cold weather; remember to warm up for 10-15 minutes and ask your GP if they suggest taking one or two puffs of your reliever before you start.

It is always worth making sure that yourself, family and friends know what to do if you have an asthma attack. The key signs to look out for are coughing more than usual; shortness of breath; wheezing and feeling a tightness in your chest.

### COUGHS AND COLDS

For most people, a cold will get better on its own within a week of symptoms starting without any specific treatment. However, there are treatments that can help to ease your symptoms and make you feel more comfortable. These are available from a pharmacy, which means that you can treat yourself, rather than needing to see your GP. There is no cure for colds. Antibiotics, which treat infections caused by bacteria, don't work on cold viruses. Our website offers self-help advice.

