



# Evelyn Medical Centre



## Autumn Closing Times

The surgery will be closed in the afternoon on  
**10th October and 14th November for staff training.**

During these times, please **telephone 111** for out of hours care and advice.



### **The Flu Season Is Here !**

#### Who Is Eligible ?

All adults 65 and over

Carers

All those in an at risk group (such as diabetics)

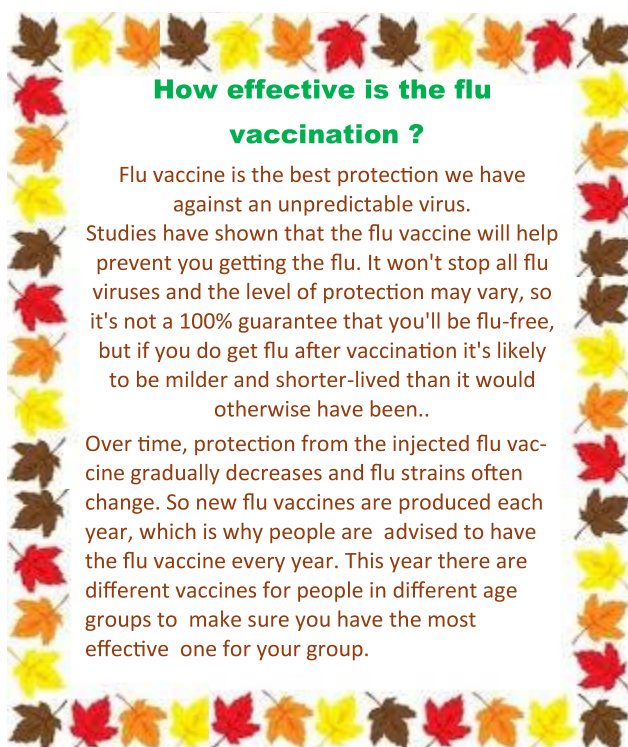
Pregnant women

Children aged 2 –3 .

Children in reception class and school years 1, 2, 3, 4  
and 5 which will be administered at school.

#### **Are there any side effects ?**

Serious side effects of the injected flu vaccine are very rare. You may have a mild fever and aching muscles for a couple of days after having the vaccine, and your arm may be a bit sore where you were injected. Side effects of the nasal spray vaccine may commonly include a runny or blocked nose, headache, tiredness and some loss of appetite.



#### **How effective is the flu vaccination ?**

Flu vaccine is the best protection we have against an unpredictable virus. Studies have shown that the flu vaccine will help prevent you getting the flu. It won't stop all flu viruses and the level of protection may vary, so it's not a 100% guarantee that you'll be flu-free, but if you do get flu after vaccination it's likely to be milder and shorter-lived than it would otherwise have been..

Over time, protection from the injected flu vaccine gradually decreases and flu strains often change. So new flu vaccines are produced each year, which is why people are advised to have the flu vaccine every year. This year there are different vaccines for people in different age groups to make sure you have the most effective one for your group.

Most adults can have the injected flu vaccine, but you should avoid it if you have had a serious allergic reaction to a flu vaccine in the past.

#### Shingles

A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to people in their 70s.

The shingles vaccine is given as a single injection into the upper arm. Unlike the flu jab, you'll only need to have the vaccination once and you can have it at any time of the year.

The shingles vaccine is expected to reduce your risk of getting shingles. If you do go on to have the disease, your symptoms may be milder and the illness shorter.

Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. Shingles is also fatal for around 1 in 1,000 over-70s who develop it.

It's fine to have the shingles vaccine if you've already had shingles.

The shingles vaccine works very well in people who have had shingles before and it will boost your immunity against further shingles attacks.

#### Who is eligible

You're eligible for the shingles vaccine if you're aged 70 or 78 years old.

In addition, anyone who was previously eligible but missed out on their shingles vaccination remains eligible until their 80th birthday.

The shingles vaccine is not available on the NHS to anyone aged 80 and over because it seems to be less effective in this age group.

You can have the shingles vaccination at any time of year, as soon as you turn 70 or 78.

#### The Living Well With Dementia Programme

The Living Well Programme has been developed to provide those who have been diagnosed with a memory affecting disease, such as Alzheimer's, and their loved ones or carers with help and advice on how to maintain their quality of life and facilities are available within the area which may be of help to them.

**It is a 7 week course, taking 2 hours each week on a fixed day.**

**You will be provided with handouts and guidance and there are guest speakers that come along to explain the services that can be provided.**

**Topics include healthily living, coping with change and legal and financial matters.**

#### Cognitive Stimulation Therapy

**CST is a second programme which usually comes into effect a couple of months after you have completed the Living Well With Dementia Programme. However, this is specifically aimed at the person with the diagnoses rather than their family.**

**This is also a 7 week course which is 2 hours per week.**

**It has been developed to assist the person with maintaining memories they already process and help to slow down the condition's progression of erosion.**

**Topics include childhood reminiscence, numeracy and word games, orientation to time and place, current affairs and other creative activities.**

**You can self refer to either of these programmes.**

**Contact Stanton Day Unit , Bakewell on 01629 817972**



**Evelyn Medical Centre & Hathersage Surgery - Tel - 01433 621 557**  
**www.evelynmedicalcentre.co.uk** **admin.emc@nhs.net**



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## Health Eating In Winter



When it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food. However, it's important to ensure you still have a healthy diet and include five portions of fruit and veg a day

If you find yourself craving a sugary treat, try a juicy clementine or satsuma instead.

## Protect your Health in the Cold

Follow these tips on keeping well in the cold:

- \* Find out if you can get the [flu jab](#) for free on the NHS.
- \* Wear several layers of clothes rather than one chunky layer – clothes made from cotton, wool or fleecy fibres help to maintain body heat.
- \* Have at least one hot meal a day – eating regularly helps keep you warm; and make sure you have hot drinks regularly.
- \* Try not to sit still for more than an hour or so indoors - get up and stretch your legs.
- \* Stay active – even moderate exercise can help keep you warm.
- \* wrap a scarf loosely around your mouth when outdoors – add a hat and wear shoes with a good grip, too.
- \* If you start to feel unwell, even if it's a cough or cold, don't wait until it gets more serious. Seek advice from your [pharmacist](#).

If you have a heart or respiratory problem, stay indoors during very cold weather.



## WELCOME

Welcome to our 3 new starters at the surgery. We have Kasia who is training in the dispensary, as well as Suzanne and Lucy who have started in reception.

We also have to say a sad goodbye to our Community Matron Sue, who is retiring from her role. She has been the only person in this role at

Evelyn Medical Centre since it was first created and will be a hard act to follow.

She will have more time to spend with her many grandchildren

News of her replacement will follow .....



## Ways to stay healthy this winter -

Many people feel tired and sluggish during winter. This is due to lack of sunlight which disrupts our sleep and waking cycles.



**Tips:** Get outdoors in natural daylight as much as possible. Don't use the cold winter months as an excuse to stay in and lounge around. Instead, get out with the whole family to try out a new activity – maybe ice skating, or taking a bracing winter walk on the hills or through the park. It can also help by providing a pleasant change of scene, and helping you meet new people.

Dr Andrew McCulloch is former chief executive of the Mental Health Foundation, which produced a report on the mental health benefits of exercise.

He says: "There's convincing evidence that 30 minutes of vigorous exercise 3 times a week is effective against depression, and anecdotal evidence that lighter exercise will have a beneficial effect, too."



Activity is believed to change the level of the mood-regulating chemical serotonin in the brain.

Regular exercise helps control your weight and boost your immune system

Get a good night's sleep – go to bed and wake up at the same time every day.

De-stress with exercise or meditation – stress has been shown to make you feel tired.

It's also important to eat well during the winter. Winter blues can make you crave sugary foods and carbohydrates

such as chocolate, pasta and bread, but don't forget to include plenty of fresh fruit and vegetables in your diet.



( see healthy eating)

We know it seems a while away until Christmas but don't forget to order your medication in plenty of time for Christmas. If you are going away, make sure you have enough to last over your holiday.

There will be extra demand placed on all services around Christmas and New year, so do your bit by being prepared— put order enough medication on your Christmas 'To Do' list!

If you have a 'when needed',



spray or inhaler you use check that it still works and is in date.

## Congratulations

A big congratulations to Ellie one of our lovely receptionists on the birth of her beautiful baby boy.

