

Evelyn Medical Centre Newsletter

Winter 2017



Christmas Opening Times

On **Friday 22nd December** the surgery will be open until 6.30pm as usual.

We will be closed on **Monday 25th and Tuesday 26th December**, and we will re-open at 8:00am on Wednesday 27th December.

We will close again on **Monday 1st January 2017** and re-open as normal on **Tuesday 2nd January**

On all other days we will be open as normal.

Repeat prescriptions

Christmas is coming! Please order your medications to last over the holiday period.

You can order your repeat prescriptions at anytime online (it still takes at least **2 working days** even if you do this over the weekend) or book routine

appointments online. Please ask a member of staff for registration details to enable you to access this service.

When ordering your medication through December please remember to order at least 2 full working days in advance, it is our most busy period.



Flu Vaccinations

Remember, it is almost too late to come in for a flu vaccination.



Book now! Please ask a member of staff in reception to find out if you are eligible.



3rd Party Consent Forms

We have a duty of care to protect your medical information so please don't take offence. If you want a partner, spouse, relative or friend to discuss your medical records please complete a 3rd party consent form. It is important to have this signed consent on your records if you want to have anyone else involved in your care. You can ask a member of the reception staff if you would like a form or more information.



Fundraising....

In September Patients and staff at EMC raised £43.68 for MacMillan through a coffee morning selling home made cakes in the office. Thank you for your generous donations.



Friends of Evelyn Medical Centre...

The next friends of EMC meetings will be held on **Wednesday 17th January** at 6:45pm for 7pm start and will include a talk by Hope Care Line.



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

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1) Eat more fruit and Veg

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.

Read more about getting your 5 a day and find tips and healthy recipes on the NHS choices website www.nhs.uk/Livewell/winterhealth

2) Banish Winter Tiredness

- get outdoors in natural daylight as much as possible
- get a good night's sleep – go to bed and wake up at the same time every day
- destress with exercise or meditation – stress has been shown to make you feel tired.

STAY WELL THIS WINTER

5 Tips to Stay Well this Winter

4) Exercise and Try New Activities

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.

Regular exercise helps control your weight, boost your immune system, and is a good way to break the tension that can build if the family is constantly cooped up inside the house.

3) Drink More Milk

You are more likely to get a cold in winter, so make sure your immune system is in tip-top condition.

Milk and dairy products such as cheese, yoghurt and fromage frais are great sources of: protein, vitamins A and B12, calcium, which helps keep our bones strong.

5) Have a Hearty Breakfast

Winter is the perfect season for porridge. Eating a warm bowlful on a cold morning isn't just a delicious way to start your day, it also helps boost your intake of starchy foods and fibre.

These foods give you energy and help you feel fuller for longer. Oats are also full of vitamins and minerals.

This information and much more can be found on the NHS choices website: www.nhs.uk/Livewell/winterhealth



**MERRY CHRISTMAS AND A HAPPY
NEW YEAR**

To all our patients
From all the GP's and staff at Evelyn Medical Centre!



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