



Christmas 2018

SEASONS GREETINGS

Thank you for reading our surgery newsletter. We would like to take this opportunity to wish all our patients a **very happy and healthy Christmas and New Year**. Thanks to all of our patients who continue to use our services and support our GP practice.



NHS STAY WELL CAMPAIGN

The **“Be Self-Care Aware”** Campaign was launched in Derbyshire to encourage people to adopt self-care for minor illnesses and ailments. Self-care refers to the actions we take to **recognise, treat and manage our own health**. It’s about doing small, everyday things for yourself to keep healthy and happy. The key message of the campaign is that self-care can be **quicker, easier and simpler** than using NHS services. The website www.nhsstaywellerbyshire.co.uk provides a wealth of resources including information about many common minor ailments and how they can be successfully treated by you. The self-help leaflets cover a wide range of issues from acne, back pain and cystitis, to travel sickness, burns and migraines and many other ailments. It also provides information on when it is important to seek help and advice from medical professionals. The benefits of self-care are that it can be:

Quicker : No need to wait for a GP appointment. You can buy the medicines you need over the counter at your local pharmacy or supermarket and have them ready to use at home.

Easier : Many treatments can be bought without the need for a prescription at your local pharmacy or supermarket, often for much less than a prescription charge.

Simple: Advice and information about self-care is widely available online. You can also call into any pharmacy for advice on the best treatment for your minor illness.

Considerate: Self-care helps relieve pressures on GP practices, A&E and could potentially save the NHS around £136m every year.

Other useful resources include:

The NHS website (www.nhs.co.uk) which is the UK largest health information website

The HANDi app, which offers health advice to parents and carers of young children

Live Life Better Derbyshire (www.livelifebetterderbyshire.co.uk) which provides information on fitness, weight loss and quitting smoking

Your local pharmacy: Pharmacists are trained professionals who can offer health advice

Inside this issue:

Merry Christmas!	1
Stay Well Campaign	1
Flu vaccinations	2
Chemist Opening Hours	2
Christmas Closures	2
Training Dates	2
Samaritans	2

Special Points of Interest:

Check out the NHS Stay Well website for lots of useful info about “Self-Care”

Don’t forget to make a note of our Christmas surgery closures

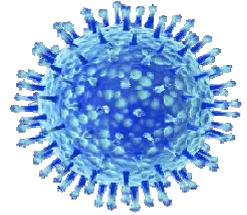
**MERRY CHRISTMAS
AND A HAPPY,
HEALTHY NEW YEAR!**



UNDER 65S FLU VACCINATIONS

If you are **under 65 years** old and are eligible for an influenza (flu) vaccination **please contact the surgery** to make an appointment.

The flu vaccination is **free for certain individuals under 65** who have long term health conditions, such as certain **heart conditions, asthma** and **immunosuppression**. Under 65 year old patients who are in "at risk" groups are eligible for a free flu vaccination because they are more likely to develop **potentially serious complications of flu**, such as **pneumonia** (a lung infection). It is recommended that these patients have a flu vaccine every year to help protect them.



PHARMACY OPENING HOURS

Many pharmacies are closed on Christmas Day 25th, Boxing Day 26th December and New Year's Day 1st Jan. However, some pharmacies offer extended opening hours. For the full range of community pharmacy opening hours please visit: <https://beta.nhs.uk/find-a-pharmacy>. Click the link which says "show me pharmacies open now".

Local Chemists with extended opening hours over Christmas and New Year are as follows:

Tideswell Pharmacy: (01298 871249) Open Xmas day for 2 hours 9.00-11.00.

Hathersage Pharmacy: (01433 650325) Open Xm day 10.00-14.00

Boots Bakewell: (01629 812043) Open Boxing Day and New Years Day 10.00-15.00

Boots Buxton: (01298 23084) Open Boxing Day and New Years Day: 11.00-15.00

Wicker Pharmacy Sheffield: (0114 272 7676): Open Xmas Day 13.00-17.00, Boxing Day and New Years Day:10.00-22.00

Peak Pharmacy, Ashgate, Chesterfield: (01246 208647) Xmas Day: 12.00-14.00

If you're worried about an **urgent medical concern**, outside of surgery hours call 111. **NHS 111** is the free number to call when you have an urgent healthcare need. It is available **24 hours a day, 365 days a year**. Calls



when it's less urgent than 999

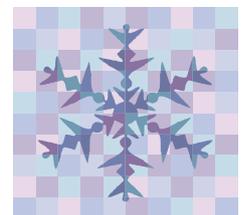
SURGERY CLOSING DATES FOR CHRISTMAS

Please note we will close for **Christmas** on **Monday 24th December** at 6.30pm at Eyam and 12 noon at Bradwell. The surgeries will reopen on **Thursday 27th December** (8am at Eyam and 8.30am at Bradwell).

For **New Year**, we will close on **Monday 31st December** at 6.30pm at Eyam and 12.00 noon at Bradwell. We will re-open on **Wednesday 2nd January** (8.00am at Eyam and 8.30am at Bradwell).

Our **final ordering date** before Christmas is **Thursday 20th December**. As our dispensary gets very busy during the festive period we would encourage you to **order your medications earlier than usual and allow plenty of time for them to be processed**.

Please note that medication requests placed over the Christmas and New Year period by email, from the link on our website or on Patient Access will be processed on 27.12.17, 28.12.18 and then again on 2.1.19. **Please allow 2 working days to process your order**



EYAM SURGERY TRAINING DATES

We close the surgery for staff training one afternoon a month (on the second Wednesday of the month). On the following dates we will **close at 12.30pm** and re-open again at 8am the next day:

Wednesday 9th January

Wednesday 13th February

Wednesday 13th March

SAMARITANS

For some people, Christmas time can trigger and exacerbate mental health problems. If you feel low and need someone to talk to or are in crisis **it's free to call the Samaritans any time, from any phone on 116 123. They have people who will listen round the clock, 24 hours a day, 365 days a year.** The Samaritans has this message: "We are there for people when they need us, which could be any time of day or night. People talk to us for as long as they like, as many times as they like. We don't rush, interrupt or push anyone away. We let people lead the conversation at their own pace. Whatever you're going through, call us at the **Samaritans: 116 123**"