

LOXWOOD MEDICAL PRACTICE

Your partner for a healthier future

Friends of Loxwood Medical Practice Newsletter December 2017

WELCOME TO OUR NEWSLETTER FOR 2017 DESIGNED TO KEEP YOU INFORMED OF UPDATES OR CHANGES TO PRACTICE WORKING



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WE WOULD LIKE TO WISH ALL OUR PATIENTS A MERRY CHRISTMAS AND A HAPPY, HEALTHY NEW YEAR.

Please help us: If you have experienced diarrhoea or vomiting please do not come into the surgery for at least 48 hours after your last episode of sickness.

DIARY DATES



As 2017 draws to an end can we remind you that we will be closed on both Monday 25th December and Tuesday 26th December 2017 and also on Monday 1st January 2018.

If you need to speak to a doctor or nurse during this time please call 111. In a medical emergency only call 999.

Alternatively you could visit our website or NHS Choices, www.nhs.uk which have guidance and useful tips on self care.

SUPPORTING OUR LOCAL FOODBANK

Last year, for the first time, with your help, we successfully supported our local food bank with donations of food parcels. We would like to do the same again this year. The festive chimney is in the waiting room now ready for your donations.

Every day people in the UK go hungry for many reasons ranging from redundancy to receiving an unexpected bill or on a low income. A simple box of food makes a big difference, with foodbanks helping prevent crime, housing loss, family breakdown and mental health problems. Volunteers sort food to check that it's in date and pack it into boxes.



Suitable clients bring a voucher to a food bank centre, it can be redeemed for three days' emergency food. Volunteers meet clients over a warm drink or free hot meal and signpost people to agencies able to assist

in helping to solve their longer-term problem. For more information visit www.chichesterdistrict.foodbank.org.uk



SUITABLE FOOD PARCEL ITEMS, WHICH ARE NON PERISHABLE AND IN-DATE, ARE; **Breakfast cereals** ● **Biscuits or Snacks** ● **Soup** ● **Tinned vegetables** ● **Pasta** ● **Rice** ● **Tinned beans** ● **Tea or coffee** ● **Pasta sauce** ● **Sugar** ● **Tinned meat** ● **Tinned**

LEADING BY EXAMPLE

We find ourselves again sending a thank you to all of you who continue to support our fundraising throughout the year. Your donations are really appreciated.

In recent months we have raised £25.00 for Children in Need, £39.23 for the Poppy Appeal and £323.87 for Macmillan Cancer Support. Some staff have participated in charity events throughout this year, such as The Colour Run and the Nuts Challenge, combining keeping physically active, and having fun whilst supporting other good causes. Look out for some of them running in the Santa Dash on Sunday 10th



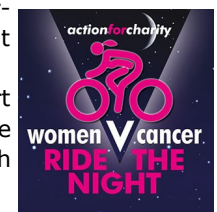
WE ARE MACMILLAN. CANCER SUPPORT



December in Cranleigh. All funds raised are going to the local schools.

And it doesn't stop there! 2 ladies have entered Ride the Night 2018. The bike race starts in Windsor and they will cycle for 100km through London to the finish line. They will be raising money for women v cancer. For more information you can visit www.ridethenight.co.uk

If you would like to support this good cause, please leave any donation with Reception. Good luck girls.



NSPCC ● Cruelty to children must stop. FULL STOP.



Visit our website www.loxwoodmedicalpractice.co.uk for all our latest news and helpful information



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CITIZENS ADVICE

citizens advice

- Do you require independent help about what benefits you may be entitled to?
- Do you struggle to complete the necessary application forms?
- Would you like to maximise your income and increase your freedom of choice to services and support, to help you stay in your own home?



If yes is your answer to any of the questions above and if you are elderly, vulnerable are disabled, housebound or struggle with mobility due to the rural location of your home, there is now a new home visiting service available from Citizens Advice.

To request a home visit or for information call 01903 725960 Tues to Fri 10.00am—4.30pm. For more enquires call 0344 4771171. You can also go to www.arunchichestercab.org.uk

STAYING HEALTHY THIS WINTER

There are many things that you can do to be prepared for the winter and to stay healthy.

- 1) Have your flu jab, you can ask any of our nurses for information.
- 2) Avoid catching coughs and colds which can spread easily. Simple hygiene measures can reduce your risk, such as covering your nose and mouth with a tissue when you cough or sneeze and throw away the tissue.

Keep your hands clean. Ensure you have over-the-counter remedies at home and encourage others to do the same.



Keep your hands clean. Ensure you have over-the-counter remedies at home and encourage others to do the same.

- 3) Eating regular meals will help keep your energy levels up. Try and have hot foods and drinks. Keep your diet varied and try to include five portions of fruit or veg daily. Stock up on frozen foods so there is not the need to go out when it is cold and icy.



- 4) If you stay active, moderate exercise will keep you warm and can bring health benefits. Try to move around at least once an hour.

For more advice you can book a Wellbeing appointment here at the surgery. Our next advisor will be running a clinic on 25th January 2018.

- 5) Wear lots of thin layers to maintain body heat and remember to wear shoes with a good grip when walking outside.



- 6) Ensure you have enough heating oil, LPG, propane, coal or wood to heat your home if you do not have mains gas. You may be entitled to financial assistance, for more advice call Chichester Wellbeing Home Energy Team on 01243 521041. Remember to use fire guards, keep portable heaters away from curtains and furniture and never use them for drying clothes. If you have an electric blanket ensure it is good condition and never use it with a hot water bottle.

- 7) Finally you can get help from West Sussex prevention Assessment Teams (PAT). Their team includes NHS nurse advisors, social care workers and support workers. They aim to support local people stay healthy and remain independent. They can check the state of your general health and wellbeing, identify what you may benefit from, enable you to make changes and provide assistance to access practical and emotional support. You can contact them on 01243 642370 or visit www.westsussex.gov.uk/pat

CHICHESTER WELL BEING MOTs *chichesterwellbeing*

Just a reminder that you can see a Wellbeing Advisor from the Chichester Team here at Loxwood Surgery each month. The next appointment is Thursday 25th January 2018. You can find out your body fat%, weight and BMI, physical activity levels, advise on sensible drinking, how to quit smoking, coping with stress and emotional wellbeing.