



Sele News



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PLEASE TAKE ONE

Text Messaging Service

If you are signed up for our text reminder service, you will now receive a text reminder of your appointment approximately 24 hours prior to your appointment. However, we no longer send text messages to confirm appointment bookings. We are sorry for any inconvenience this causes patients who appreciated the text confirmation they used to receive.

Appointments can be checked using our online services which can also be used to request repeat medications.

If you are not signed up to our text reminder service or online services, we require a form to be completed which is situated beside the reception desk. We will also need identification for registration for online services.

Christmas and New Year Closing

We will be closed:

Monday 25 December

Tuesday 26 December

Monday 1 January

Please make sure you order your medication in good time.

Staff Changes

Our practice nurse, Susan Slaney is leaving to work closer to home. We wish her well in her new practice.

In her stead we welcome Charlotte Soulsby who will be joining us from a practice in County Durham.

Urgent/Emergency Appointments

Patients may wonder what is an appropriate condition to warrant an urgent appointment. Examples include:

- Chest infections
- Urine infections
- Suspected tonsillitis
- Breathlessness/wheezing
- Bleeding
- Stomach pains
- Earache
- Painful eyes
- Fainting
- Any severe pain

Medical emergencies where it is usually appropriate to dial 999 or go to A&E include:

- Unconsciousness
- Heavy blood loss
- Deep wounds
- Stab wounds
- Severe burns
- Suspected stroke
- Suspected broken bones
- Suspected heart attack
- Severe difficulty breathing
- Severe allergic reaction

Time is often critical for patients with these conditions so please think carefully about the most appropriate course of action.

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Prescriptions

Please allow 2 working days for the process of a prescription being done here at the surgery.

This is to ensure the prescription is signed, picked up from the pharmacy, and made ready to be collected.

Flu Clinic

Thank you to everyone who attended our open and booked flu clinics.

Although our flu clinics are over, you can still book an appointment for a vaccination. Please check online for appointments.

The NHS recommends having the flu vaccination in the autumn, from the beginning of October and through November (though it can be given later).

If you are not eligible for the flu jab and would like to be contacted if we have flu left in stock, please speak to a receptionist.

Protect your Health in the Winter

Keeping warm during the winter is important for health and wellbeing. Here are a few tips on how to keep warm when the cold weather sets in.

- The surgery will inform you if you are eligible for the flu jab, but it is advisable to check with us in case you are eligible.
- Wear several layers of clothing that include cotton, wool or fleece fibres. They are helpful as they maintain body heat.
- When going to bed, take a hot water bottle or put an electric blanket on. It is not advisable to have both of these at the same time.

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- At least one hot meal daily as well as eating and drinking hot drinks regularly helps to keep you warm.
- Try not to sit still for more than one hour indoors as this can lower your body temperature therefore get up and stretching your legs.
- Even moderate exercise can keep you warm therefore stay active.

Winter Bugs

Certain viruses thrive when its cold outside and cold, flu and norovirus infections peak at this time of year.

This is due to a few reasons which involve close human contact due to the cold weather, lower temperatures and humidity levels, fewer daylight hours which may weaken the immune system due to vitamin D levels being depleted within the body.

Cold and flu viruses invade your system when you breathe in droplets that contain the virus. Norovirus – also called the winter vomiting bug – spreads when infected particles get into your mouth after you have been in close contact with someone with the virus.

If you are struck down with any of these viruses it is advisable to rest until you're feeling better, take over the counter remedies such as paracetamol and ibuprofen and drink plenty of fluids to avoid dehydration.

- **Catch it:** Always carry tissues to catch your cough or sneeze
- **Bin it:** Dispose of your tissue as soon as possible
- **Kill it:** Clean your hands as soon as you can to avoid transferring germs.