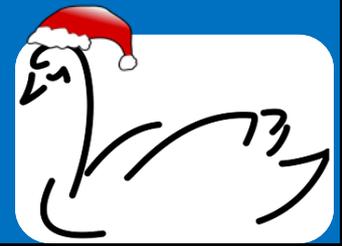


PRACTICE NEWSLETTER

Bradford on Avon & Melksham Health Partnership
Newsletter December 2017 Edition 48



Patient Participation Group (PPG) Meetings

The PPG is a group of patients and practice staff who meet at regular intervals to decide ways of making a positive contribution to the services offered by the Practice.

Please join us for our next meeting at the Health Centre, Bradford on Avon, at 7pm Tuesday 5th December 2017 - talk from Kidney Care UK.

Mince pies & mulled wine will be served!



Dementia Services receives Award

The Health Centre has been given an award for its work to improve services for patients and their carers with memory problems and Dementia.

An impressive framed certificate will be proudly displayed in reception located at Bradford on Avon Health Centre. Huge thanks to Dr Smith who gave an informative presentation at St Margaret's Hall recently about the diagnosis of Dementia.

Congratulations to all staff involved in supporting people with memory problems.

Welcome to our New Team Members!



We would like to introduce our newest recruits to the Practice Team:

1. Dr Debbie Cash, (GP Locum)
2. Dr Phillip Rodgers (GP Associate)
3. Dr Vicki Parr (GP Associate)
4. Carly Stevens (Practice Nurse)
5. Katherine Jones (Practice Nurse)
6. Gwen Thomas (Health Care Assistant)



Dr Nell Wyatt—Clipper Update!



We would like to share some words from Dr Nell Wyatt's Clipper Round the World Yacht Race blog!

"For several weeks we saw no sign of life - no boats, no planes, no islands and no people. Just an amazing spectacle of ever changing waves and clouds and sky and light. Incredibly beautiful and it makes you realise how huge the world is"

To keep up to date with Dr Wyatt's journey, please visit: www.clipperroundtheworld.com



Merry
Christmas



The Doctors & Staff would like to wish
all our patients a very Merry Christmas
and Healthy Happy New Year!

Christmas is approaching—don't be caught out, plan your repeat medication ahead!



To guarantee you receive your repeat medication by Christmas, please put in your request by:

Friday 15th December 2017

For more information on this and our Surgery opening times, please pick up our Christmas Opening Times leaflet!

Keep a well-stocked medicine cabinet at home this winter

Wiltshire Clinical Commissioning Group is advising local residents to be prepared this winter with their own well-stocked medicine cabinet, so they can treat themselves at the first signs of coughs, colds, sore throats or stomach bugs.

What to keep in your medicine cabinet:

- **Painkillers**— Aspirin, paracetamol and ibuprofen are highly effective at relieving most minor aches, pains, coughs and cold
- **Oral rehydration salts**— can help restore your body's natural balance of minerals and fluid lost through diarrhoea, fever, vomiting – if you can't continue your normal diet
- **Anti-diarrhoea tablets**— it's a good idea to keep anti-diarrhoea medicine at home as diarrhoea can happen without warning. Causes include food poisoning and a stomach virus
- **Antihistamines**— useful for dealing with allergies, insect bites and hay fever
- **Indigestion treatment**— if you have stomach ache, heartburn or trapped wind
- **Sun cream** – Sunburn can happen at any time of year, so keep some sun cream of at least factor 15, with UVA protection. Exposure to the sun can cause sunburn and increase your risk of cancer

Your local Pharmacist can also help with advice and over the counter medicine for many minor ailments.

Please check with your Pharmacist the items recommended above are suitable for your individual health care.

Flu Vaccinations—Stock Running Low!



If you have been planning to have a flu vaccination but just haven't gotten round to it yet, the time to act is now—especially if you hope to be healthy at Christmas.

To find out if you are entitled to a **FREE** flu vaccination, please pick up our flu information leaflet or speak to a receptionist.

