



Bridge Medical Centre Newsletter



2019 Health Awareness Calendar

January

Cervical Health Awareness Month

February

World Cancer Day (Feb. 4)

March

Multiple Sclerosis Education and Awareness Month

April

National Autism Awareness Month

May

Arthritis Awareness Month

June

Alzheimer's and Brain Awareness Month

July

World Hepatitis Day (July 28)

August

Psoriasis Awareness Month

September

Prostate Cancer Awareness Month

October

National Breast Cancer Awareness Month

November

Lung Cancer Awareness Month

December

1 Dec, World Aids Day

Staff News

We welcome Marisol as our new IT & Practice administrator. She states that she has worked

mainly in the financial sector so moving to this role is a new challenge which she is enjoying. In her leisure time she enjoys watching movies, reading and walking her dog in the country side.

In addition, our new Paramedic Practitioner starts soon and we will tell you more in our next edition.



PREMISES WORK DONE DURING THE PAST YEAR

We have undertaken significant plumbing work in the year resulting in changing/upgrading all water heaters which now meet the required standards.

During the summer months we suffered on-going problems with our Waiting Room roof and subsequently the internal ceiling. The roof was replaced, as were the 6 roof lights. Since then, the waiting room ceiling has been plastered and painted.

Unfortunately we then found we had 'sprung a leak' on our other flat roof over the front Foyer area. This has been recovered with a new felt roof and we will be organising the plastering team to come back during January to provide a new internal plastered ceiling, followed by paint up.

My sincere thanks to all Staff and Patients for the patience and understanding during 2018 for any inconveniences our Premises work may have caused – we managed beautifully without access to our waiting room and occasional no access to our main front door.

**We have been rated
Good from our CQC
inspection on 25th
September 2018**



Good



Travel Clinic Service

Are you thinking of travelling aboard? Please allow plenty of time ahead of your travel dates to book with one of our practice nurses to receive up to date travel advice.



Repeat Prescriptions Ordered via a Pharmacy

From 5th November 2018, pharmacies will no longer be able order medications on your behalf

You will need to order medication via one of three ways:

1. Online GP repeat ordering service
2. Visit the practice and order in person
3. Post repeat prescription request to the practice.

Beating the winter blues (SAD)

Winter blues, or seasonal affective disorder (SAD), is thought to be common. It can affect people of any age, including children.

1. Keep active

A daily walk in the middle of the day could be as helpful as light treatment for coping with the winter blues.

2. Get outside

Go outdoors in natural daylight as much as possible, especially at midday and on brighter days.

3. Keep warm

Being cold may make you feel more depressed, so staying warm may reduce the winter blues. Keep warm with hot drinks and hot food. Wear warm clothes and shoes, and aim to keep your home between 18C and 21C.

4. Eat healthily

A healthy diet will boost your mood, give you more energy and stop you putting on weight over winter. Balance your craving for carbohydrates, such as pasta and potatoes, with plenty of fresh fruit and vegetables.

5. See the light

Some people find light therapy effective for seasonal depression. One way to get light therapy at home in winter is to sit in front of a light box for 30 minutes to an hour each day.

6. Take up a new hobby

Keeping your mind active with a new interest seems to ward off symptoms of SAD.

7. See your friends and family

It's been shown that socialising is good for your mental health and helps ward off the winter blues. Make an effort to keep in touch with people you care about and accept any invitations you get to social events, even if you only go for a little while.

8. Talk it through

Talking treatments such as counselling, psychotherapy or cognitive behavioural therapy (CBT) can help you cope with symptoms.

9. Join a support group

Think about joining a support group. Sharing your experience with others who know what it's like to have SAD is very therapeutic and can make your symptoms more bearable. SADA is the UK's only registered charity dedicated to SAD. They have free information, regular newsletters, and contacts for telephone support.

10. Seek help

If your symptoms are so bad that you can't live a normal life, see your GP for medical help.



Top 10 goal-setting tips to make your New Years Resolutions a success

1. Make only one resolution. Your chances of success are greater when you channel energy into changing just one aspect of your behaviour.
2. Don't wait until New Year's Eve to choose your resolution. Take some time out a few days before and think about what you want to achieve.
3. Avoid previous resolutions. Deciding to revisit a past resolution sets you up for frustration and disappointment.
4. Don't run with the crowd and go with the usual resolutions. Instead think about what you really want out of life.
5. Break your goal into a series of steps, focusing on creating sub-goals that are concrete, measurable and time-based.
6. Tell your friends and family about your goals. You're more likely to get support and want to avoid failure.
7. To stay motivated, make a checklist of how achieving your resolution will help you.
8. Give yourself a small reward whenever you achieve a sub-goal, which will help to motivate you and give you a sense of progress.
9. Make your plans and progress concrete by keeping a handwritten journal, completing a computer spreadsheet or covering a notice board with graphs or pictures.
10. Expect to revert to your old habits from time to time. Treat any failure as a temporary setback rather than a reason to give up altogether.

Get fit for free

The secret to getting fit for free is to use every opportunity to be active.

- Walk everywhere
- Cycle to work
- Skipping
- Stair climbing
- NHS Couch to 5K



Do you want to stop smoking?

Smoking cessation clinic

If you are interested and would like advice on how to give up smoking, then why not make an appointment with one of our nurses.



Where to find alcohol support?

Realising you have a problem with alcohol is the first big step to getting help.

Need help either to cut down and control your drinking or stop completely.

Your GP may suggest different types of assessment and support options available to you, such as from local community.



7 Tips on Managing Winter Asthma

During the winter months, cold, dry air can tighten airways and worsen breathing.

Fortunately, taking some smart precautions can help keep adults and children with asthma breathing free. Follow these tips:

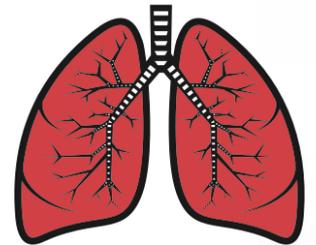
Outdoors

- Pull a neck gaiter, scarf or turtleneck up over your mouth and nose to warm the air you're inhaling.
- When it's very cold, avoid exercising outdoors—including shovelling snow.

Indoors

- Be sure to change the filters on your heating system each year before the season starts.
- Indoor heating can dry the air and irritate your airways. Ask your doctor about using a room humidifier to increase the moisture.
- Have someone dust and vacuum your home frequently to reduce allergens now that you're spending a lot of time indoors.
- Don't use down comforters or pillows, and wash all bedding in hot water above 130°F once a week.
- Keep your entire home smoke-free. Cigarette, fireplace and candle smoke can travel from room to room, even through closed doors.

Please make sure you come in for your review on receipt of your invitation.



Did you know we offer an Online Service?

Our clinical system allows you to perform certain actions online via our website or on the mobile app. It enables you to:

- book and cancel appointments online with a Doctor.
- order regular repeat medication.
- view your medical record (please note this is currently limited to your Summary Care Record and detailed coded record. This includes blood test results).

All we require is for you to complete our Online Access registration form, available from reception, along with providing two forms of I.D.

- Photographic ID.
- Proof of address, (dated within the last three months)

We will then issue you with a letter with your unique username and password so that you can log in and start



GP online services
Quick, easy and secure

- Book GP appointments
- Order repeat prescriptions
- Access your GP records

NHS

OPENING HOURS

Normal opening hours are 08:30 to 18:30 Monday to Friday.

Closed during the lunch period 13:00 to 14:00.

We offer pre-bookable evening appointments on most days of the week