

# St Margaret's NEWS

January 2017



## STAY WELL THIS WINTER

As the weather gets colder...

We want to make sure that all patients keep well, so if you are on one of our chronic disease registers such as Diabetes, COPD, Asthma etc. please make sure you attend for your regular check up at the Surgery.

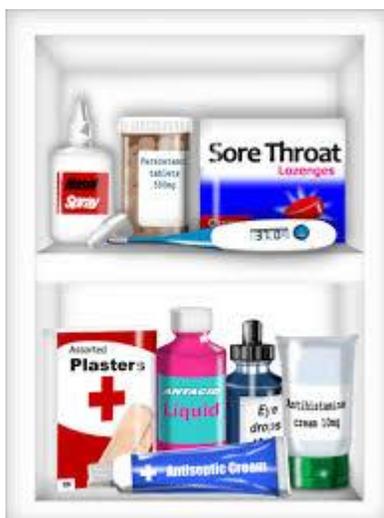


**The magic numbers**

21° and 18° - the magic numbers for staying warm this winter. Your **living room** should be kept at 21° and your **bedroom** at 18°.

Your prescription for a healthier winter:

- Over 65, have a long-term condition, or have a child under five? Get the flu jab from your GP or a local pharmacy – there's still time and you'll join millions of people who are better protected against this nasty infection.
- Keep warm – heat the house to 18 degrees c (64 F) and wear multiple layers of light clothing if the temperature drops.
- Keep your medical cupboard well stocked. Having pain killers, cold and flu remedies, hydration sachets and tummy settlers will cover most winter illnesses and mean you don't have to go out in the cold when you're feeling your worst.
- Prescribed antibiotics? Always finish the course, even if you feel better. Never share them and respect your doctor's decision if he/she doesn't prescribe them - they are doing so for a clinical reason.





Our PPG will be coming in to the surgery during January looking for more volunteers...



Patient Participation Group

## Get involved with your practice

No training is required to be a member of a PPG – the most important thing is that you are keen and focused on taking positive action to help the practice and the local patient population.

Generally involvement tends to include attendance at bi-monthly or quarterly meetings. Some PPG members will choose to take on additional roles that are more time consuming, such as editing/contributing to the PPG newsletter or setting up and running health education or fundraising events, but if you have less time available, this isn't a requirement.

Joining can help to shape the delivery of services, many members also find that volunteering is a great way to meet new people and develop your own skills, such as negotiation, dealing with people or even speaking in public.

*Give your details in at reception and we will pass them onto the Chair of the PPG who will contact you directly.....*



December DNAs  
 24 Doctors' Appointments  
 21 Nurses' Appointments  
 missed

Continue to pass on your mobile phone numbers so we can send appointment reminders and help reduce our missed appointments



In October we prescribed 11,933 items at our surgery at a cost of £108,503.91



We have the following protected learning day at the practice which is part of the Solihull NHS planned calendar of training events. We will therefore be CLOSED from 1pm on Thursday 19<sup>th</sup> January and will reopen as normal at 8.30am on Friday 20<sup>th</sup> January.