



We're here to help you stay well this winter

If you're worried about your health, don't delay, your NHS wants to see you – help us help you get the care you need this winter. Winter conditions can be bad for our health, especially for people aged 65 or older, and people with long-term conditions such as heart or kidney disease, COPD (including emphysema and chronic bronchitis), asthma or diabetes. Being cold can raise the risk of increased blood pressure, heart attacks and strokes. The cold and damp weather, ice, snow and high winds can all aggravate any existing health problems, increase the risk of a fall, and make us more vulnerable to respiratory winter illnesses. But there are lots of things you can do to stay well this winter

Stay strong with winter vaccines

Many people get seriously ill from flu, including having complications like bronchitis or pneumonia, and every winter thousands of people die. COVID-19 can also still make people seriously ill. The risk from these viruses is greater during winter when they circulate most as people spend more time indoors. Those **aged 65 and over**; those who are **pregnant**; or people who have **health conditions** that put them at risk; as well as unpaid carers and household contacts of those at risk, will be able to get protected ahead of winter by getting their **flu and COVID-19 vaccinations**.

It is important that children get protected against flu to protect them from getting seriously ill and spreading the virus onto those that are vulnerable. The **nasal spray flu vaccine** is offered free through schools and community venues for school-aged children, so parents should keep an eye out for the consent form that will get sent to them. **All children aged 2 or 3 can get the vaccine through their GP practice.**

It's important to come forward if you are eligible, even if you have had previous flu and COVID-19 vaccinations or have had one of the viruses, as protection will fade and both viruses can change over time.

Getting your flu and COVID-19 vaccines are two of the most important things you can do to keep yourself and others around you safe this winter.

Your
health
matters

Help us
help you

Keeping yourself and your home warm

Keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression. Age UK and UKHSA suggest heating your home to a temperature that is comfortable for you. This should be at least 18°C in the rooms that you regularly use such as your living room and bedroom. Low indoor temperatures can have a serious impact on your health, especially if you have medical conditions or are older. With the rising cost of living, simple changes can help to keep you and your home warm now.

- Try to reduce draughts – you can fit draught excluders around doors cheaply.
- Keep your bedroom windows closed at night.
- Wear several layers of thinner clothing – this will keep you warmer than one thicker layer.
- Ensure you are eating enough and having hot drinks

Keep active

There's strong evidence that people who are inactive have an increased risk of heart disease, stroke, type 2 diabetes, some cancers, depression and dementia. **Regular exercise** can help **improve your physical and mental health**, reduce the risk of falling and can be beneficial for recovery if you do get ill. UKHSA advises to reduce the amount of time you spend sitting down during the day. There are many activities you could do at home to keep active.

For tips and ideas on keeping active go to www.nhs.uk/keepactive or have a look at www.ageuk.org.uk/active

Check your medicine cabinet

Ask your pharmacist what medicines should be in your cabinet to help you and your family this winter. Many over-the-counter medicines (including paracetamol and ibuprofen) are available to relieve symptoms of common winter illnesses such as colds, sinusitis or painful middle ear infection (earache). Your pharmacist can help if you need any advice. To manage winter illness symptoms at home, you should keep warm, rest, drink plenty of fluids, have at least one hot meal a day to keep your energy levels up and use over-the-counter medicines to help give relief. For more information search 'medicines' on www.nhs.uk



**grief
cafe**

a safe space to share stories,
hopes and fears about loss



What is a Grief Cafe?

It's a safe and confidential space to meet others, to share and explore thoughts and feelings around the experience of grief and loss. It's a supportive environment for reflection and conversation - a place where people will be able to find mutual support and encouragement.

We don't have an agenda or any objectives; the conversation is simply led by the people in the group. It is a discussion group and not designed to be a counselling session. Whether your loss is anticipated, recent or a long time ago, everyone is welcome.

Do come and join us on Thurs 7th December 2023, 6.30pm - 8.30pm
Wanstead Library, Spratt Hall Road, London, E11 2RQ

In partnership with Redbridge Libraries – The Death Positive Library

To reserve a ticket:

<https://www.eventbrite.co.uk/o/the-death-positive-library-30239235224>

Or use this QR code



Join in with the discussion!

We have an active Patient Participation Group which meets regularly to discuss what has been happening in the practice. We want to understand how we can improve our service to you and how you feel about our surgery, staff and quality of care.

Your views are important and will be listened to. It may not be possible to act on every suggestion, but all feedback is extremely valuable.

We need people of all ages and backgrounds to join the team so that we can truly represent the diversity of our patients.

Interested?

Please contact

Michelle Greene 07941 077350

Who's who!



Hi, I'm Lex

I was a travel consultant for over 20 years, including a number of years at Abbots Travel in George Lane. As amazing as it was to jet around the world and see places I would otherwise never have seen, I decided to have a change of career, following the birth of my son, which better suited my new single mum role.

I really enjoy being a receptionist. It's hard work but can be extremely rewarding too. I am very people orientated and will always do my best to help. I am also grateful to be part of the team...we support each other and there is a true sense of camaraderie here at The Shrubberies.



What is the NHS App?

The NHS App is owned and run by the NHS. It can be accessed by anyone aged 13 and over registered with an NHS GP surgery in England or Isle of Man.

Once you have verified your identity in the app, you will have easy, 24/7 access to a growing range of health services and information.

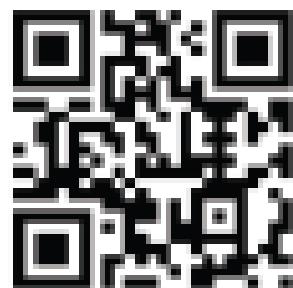
It doesn't replace existing services. You can still contact your GP surgery in the usual ways.



What does the NHS App do?

Your health

- **view your GP health record** view your medical history, test results, allergies, and medicines
- **register your organ donation decision** choose to donate some or all of your organs and check your registered decision
- **take part in health research** register with Be Part of Research to help us provide better care and treatment



To download the NHS App, scan here

Prescriptions

- **order repeat prescriptions** request repeat prescriptions without having to contact your GP surgery
- **nominate a pharmacy** choose a pharmacy where your prescriptions will be sent to

Send and receive messages

- **contact your GP surgery** request care from your GP surgery using an online form
- **receive messages and notifications** view messages from your GP surgery and get notifications through your phone or tablet

Appointments

- **appointments with your GP Surgery** view and cancel appointments
- **book and manage hospital appointments in one place** you can choose your treatment provider from a list provided by your GP/referrer, and see information on most of them, including who to contact, waiting times, distance and booking details
- **manage vaccination appointments** book, amend or cancel vaccination appointments

Help someone else

- **linked profiles** access the health records, appointments and prescriptions of people you care for (including children) – or get help from someone you trust

Advice and information

- **search symptoms, conditions and treatments** use the health A-Z to check symptoms and treatments, and get advice on what to do next
- **get health advice through 111 online** check if you need urgent help and find out what to do next
- **find NHS services** search for services near you
- **check your NHS number** check your NHS number and manage your contact details within the NHS App