

## Patient Participation Group

Would you like to get involved in shaping the services we offer at the Practice? Could you spare a few hours a month to get involved? Can you attend a monthly Patient Participation Group Meeting? If so come along to one of our monthly Patient Participation meetings.



**Next Meetings:**  
21st Jan @ 1:30  
Feb @ 1:30 TBC

**H**ello and welcome to the Winter edition of the Scott Practice news letter. In this issue we have included some tips on staying warm and healthy this winter and advice on what to do if you feel those around you are struggling in the cold weather.

We have also included some Choose Well information to help you choose the right NHS service when you become ill or injured.

The practice has decided to make some improvements to our Christmas decorations this year we hope you like them and they get you in the festive spirit. Whilst on the subject of Christmas we have included our Christmas opening times and would like to ask patients to make sure they order their medication in plenty of time so they are not left without over the festive period.

Thanks for taking the time to have a read. See you again in March



## In the Spotlight!

**Name:** Paige  
**Job:** Apprentice  
**How Long have you worked here:**  
6 months



**Who would you like to get stuck in a lift with?** Jude Law & Leonardo Dicaprio

**Why? Why not?**

**Where do you see yourself in 10 year's time?** I would like to be working for the nhs as a secretary.

**THANK YOU!**  
We would like to say a big Thank You to all those who took the time to help out at our flu clinics and make sure they ran smoothly. We still have a few appointments left so if you do fit the criteria please give us a call to book in.

## Only order what you need!

Did you know It is estimated that as much as **£300million** is wasted every year on unused or partially used medication. Wasted or unused medicine is a serious and growing problem within the NHS that you can help tackle.

There are a number of ways that you can help to reduce the issue of wasted medicines and save money for your local NHS.

- Please let your GP or Pharmacist know if you've stopped taking any of your medicines
- Check what medicines you still have at home before re-ordering.
- Discuss your medication with your GP or Pharmacist on a regular basis
- Think carefully before ticking all the boxes on your repeat prescription forms and only tick those you really need

## Can't Make It? Cancel it!

In November **69 Hours** of Appointments were wasted by patients not attending and not cancelling! If you can't make your appointment please cancel it. You can cancel appointments by phone, online or by texting  
**07986301156**

I would like to sign up to on line booking and prescription ordering (Your details will be sent out in the post)

Name:..... D.O.B:.....

Address:.....

Postcode:..... NHS Number:.....

## Nurse News

Keeping warm over the winter months can help prevent colds, flu or more serious health conditions such as heart attacks, strokes, pneumonia and depression.

Here's a few tips on keeping warm this winter



- Draw your curtains at dusk and keep your doors closed to block out draughts
- Have regular hot drinks and eat at least one hot meal a day if possible. Eating regularly helps keep energy levels up during winter.
- Wear several light layers of warm clothes (rather than one chunky layer).
  - Keep as active in your home as possible.
- Wrap up warm and wear shoes with a good grip if you need to go outside on cold days.



- If you have reduced mobility, are 65 or over, or have a health condition such as heart or lung disease, you should heat your home to at least 18C and make sure you wear enough clothes to stay warm. It's a good idea to keep your bedroom at this temperature all night.

If you're under 65 and healthy, you can safely have your house cooler than 18C, if you're comfortable.

### 5 Ways to stay Healthy this winter!

1. Eliminate your sleep debt.
2. Drink more milk.
3. Eat more fruit and veg.
4. Try new activities for the whole family.
5. Have a hearty Breakfast.

### Check a neighbour!

Check up on friends, relatives and neighbours who may be more vulnerable to cold weather. Cold weather is especially dangerous for older people or people with serious illnesses, so check in on them if you can. People with heart or respiratory (breathing) problems may have worse symptoms during a cold spell and for several days after temperatures return to normal. If you're worried about a relative or an elderly neighbour you can contact The Adult contact team on 01302 737391 Text: 71006

Email: [adultcontactteam@doncaster.gov.uk](mailto:adultcontactteam@doncaster.gov.uk)

Or ring the Age UK helpline on 0800 00 99 66.

For Advice to keep your home warmer and save energy, plus information on grants for energy saving improvements and help to heat your home at winter. You can contact the hot spots team at Doncaster council who can help.

### Christmas opening

**22nd & 23rd** surgeries as normal  
**Christmas Eve** Same day bookings, Limited pre bookable appointments.

**Christmas Day Closed**

**29th Dec–31st Dec** Same day bookings, Limited Pre bookable

**New years day** closed

**2nd Jan–5th Jan** Same day bookings, Limited Pre bookable

**6th Jan** Surgeries as normal

Please note over the Christmas period there will be limited Pre bookable appointments and only a small number of appointments to book for the next day .



### Out Of Hours

The GP Out of Hours service is based within the Accident and Emergency Department at Doncaster Royal Infirmary, This service is for emergency conditions which will not wait until the next available surgery session. Should you be unable to reach the GP Out of Hours Service through your GP Practice, their direct line is 0845 122 2120.

Don't forget your local pharmacy can give advice on a lot of common illnesses and what will treat them and there's also 111 if you urgently need medical help or advice but it's not a life-threatening situation.

Pick up a Choose Well leaflet in surgery for advice on choosing the right NHS service If you become ill or injured.

**Please up date my contact details.**

**Name:**..... **DOB:**..... **NHS Number:**.....

**Address:**.....

**Contact Number:**..... **Mobile Number:** .....