



Newsletter Winter 2025



Have your say. Help us Develop Our Services

Asplands Medical Centre have had an active Patient Participation Group (PPG) but increasingly patients are finding it difficult to commit time to meetings.

We want to try something new. We would like to create a virtual PPG that acts as a Think Tank.

If you are interested, please email

blmkicb.asplands.ppg@nhs.net. We will confirm that you are happy for us to share your email address within the group and then send information about things that are happening to find out your opinions. We would like to have different groups of people represented by our patients so we can collect varied feedback and have services that patients have helped to develop.



You are now able to visit your local pharmacist for seven common conditions. **This service is free.**

Most Pharmacies will be able to advise you on the best course of action and prescribe antibiotics or antivirals where necessary on weekdays and Saturdays.

Your pharmacist can see you for common conditions such as athletes foot, thrush, threadworms, hay fever and sprains and strains.

- Sinusitis
- Sore throat
- Earache
- Infected insect bite
- Impetigo (a bacterial skin infection)
- Shingles
- Uncomplicated urinary tract infections in women



STAY WELL THIS WINTER

We still have appointments available for flu vaccinations. You may wonder why you need to have a flu vaccine every year, and how effective the flu vaccines are in preventing you from becoming seriously unwell. The vaccines help protect those most vulnerable from developing serious illness and being hospitalized and all those eligible are strongly encouraged to get vaccinated against flu as soon as possible - vaccines remain our best defense.

65% of our patients who are under 65 and have a long term condition have **NOT** yet had their flu vaccine. Appointments are still available and it is free.

Dispensing Patients

Did you know that we can only dispense to our patients who live more than 1 mile away from a Pharmacy?

Our housebound dispensing patients who do not have family or friends to collect medications rely on a volunteer driver who collects and drives medications to them. They arrange this with the volunteer but have no back up plan.

Would you be willing to help with this service? We would pass your details to the patient who would then contact you to make arrangements. Please let our Dispensary Team know if you would like to volunteer.



STAY WARM

As the temperature drops, it's important to stay warm and well during the colder months. Cold weather can increase the risk of illnesses such as colds, flu, and chest infections — especially for older adults, young children, and those with long-term health conditions.

1. Dress in Layers

Wear several thin layers rather than one thick one — this traps warm air more effectively. Wool, fleece, or thermal fabrics are best for inner layers, with a windproof or waterproof coat on top when going outdoors.

2. Keep Your Home Warm

Try to heat your main living room to around 18–21°C (65–70°F) during the day and keep your bedroom above 18°C overnight. Close curtains at dusk to keep heat in, and block drafts under doors or windows.

3. Eat and Drink Regularly

Hot meals and warm drinks help maintain body heat. Aim to eat at least one hot meal a day and drink warm beverages regularly throughout the day.

4. Stay Active Indoors

Even light movement helps improve circulation and keeps you warm. Try stretching, gentle housework, or walking around the room every hour if you've been sitting for a while.

5. Keep Warm at Night

Wear warm sleepwear, use extra blankets, or pre-warm your bed with a hot water bottle or electric blanket (following safety instructions).

6. Look Out for Others

Cold weather can affect everyone differently. Check in on older neighbours, relatives, or anyone who might be struggling to keep warm.



COMMUNICATIONS

We will use a variety of ways to contact you.

Text message – to remind you of an appointment, send you a link to book an appointment, send you a link to cancel an appointment, send you a questionnaire to help us with medication reviews.

Email – we may send information and questionnaires via email so more information can be included.

NHS App – you may get information through the NHS App instead of a text. This keeps your healthcare information in one place.

Telephone Call – for a medical consultation, to confirm information, to talk to you.

Letter – with the cost of postage we try not to send letters but will when that is what our patient needs.

If you can't access what we have sent you, please let us know and we will be able to help you access information a different way.



PROMOTING HEALTH AND WELLBEING

Every month the **Nursing Team** select a topic that is pertinent to the month. To mention a few, we have discussed; **Dementia, Breast Cancer, Diabetes, Travel Health, Cervical Screening, Child Immunisations, and Mental Health.**

We held a **Health Promotion** about **Influenza** in October and linked it to Halloween by saying, "**Boo to Flu.**" This encouraged patients to schedule their vaccinations in advance.

It is a fantastic approach for us to **draw your attention** to essential facts that will **help you gain more knowledge and understanding**, and there are always details available for you to look into in your own time. In December, the **Christmas Elves** will be busy, so **keep an eye out.**



CHRISTMAS OPENING

We will be closed on Thursday 25th December and will reopen on Monday 29th December. You can seek help through your local Pharmacy or through 111 during those days.

DISPENSARY CHRISTMAS OPENING

Our Dispensary will be closed on Thursday 25th December and will reopen on Monday 29th December. Please order your medication well in advance as this is a very busy period. Allow 4 working days following your request to avoid disappointment.