



2018 IS DRAWING TO A CLOSE AND THERE'S BEEN LOTS HAPPENING AT THE SURGERY SINCE OUR LAST NEWSLETTER.

SEPSIS

This is a rare but serious complication of infection. If you or your child has any of the following symptoms please seek urgent medical attention (go to A&E or call 999 and say you are concerned you/ your child have sepsis).

- Mottled, blueish or pale skin
- Lethargic or difficult to wake
- Feels abnormally cold to touch
- Shivering
- Fever (or very cold)
- Their breathing is very fast or they are short of breath
- They have a rash that doesn't fade when pressed
- They have a fit or convulsion.
- They complain of having "the worst pain ever" or "feel like they might die"

CHRISTMAS OPENING TIMES

Surgery will be closed on
Tuesday 25th December 2018
Wednesday 26th December 2018
Tuesday 1st January 2019.

Please make sure that you have ordered your repeat prescriptions in plenty of time so that you have enough medication to see you through the holiday period.



LOCAL SUPPORT

Winsford has some fantastic local support groups; why not get in touch if you need a little help for yourself (or even volunteer and help others).

BRIGHTLIFE

Brightlife: the new "Chatterbox Café" is open every Tuesday and Thursday from 10am-1.30pm at the New Images Community and Youth Centre on Nixon Drive (call 01606 88444). It's run by "Brightlife" who are working alongside local agencies to reduce social isolation and loneliness amongst the 50+ age group. If you're coming along on your own or maybe feeling a bit nervous about your first visit call Jackie Brown (Co-ordinator) on 07736 168348 who can help. Dial a ride transport can be arranged for Tuesdays.

NEW LEAF

The New Leaf project is here to help you take control and change your life by providing one-to-one support, helping you with skills and training, helping you to find opportunities to unlock your potential whilst boosting your confidence and future prospects. You can call them on 01925 452131 or email them at newleaf@gght.org.uk

Turn over a
new leaf

FLU JABS



THERE'S STILL TIME TO GET YOUR FLU JAB – JUST CALL THE SURGERY AND BOOK AN APPOINTMENT WITH ONE OF OUR NURSES.

SELF-CARE

Self-care is the best choice to treat minor illnesses, ailments and injuries. A range of common illnesses such as coughs, colds, sore throats, upset stomachs and aches and pains can be treated with a well-stocked medicine cabinet and plenty of rest.

Pick up a leaflet from reception or visit the NHS Choices website:

www.nhs.uk/pages/home.aspx

www.selfcareforum.org

www.treatyourselfbetter.co.uk



ARE YOU A VETERAN?

We understand that veterans may have particular healthcare needs. If you, or a member of your family, are a veteran of HM Armed Forces, please let one of the reception staff know so we can update our records accordingly.

KEEPING INFORMED

We are always looking for ways to help our patients keep up to date with healthcare news so that you have the information you need to make informed choices about your health.



Web Page:

You can find us on our new webpage (www.willowwoodsurgery.nhs.uk). The page has useful information and advice on a range of topics as well as news from the surgery.

Facebook Page:

To keep up-to-date with daily “goings-on” at the surgery, why not follow us on Facebook? Check us out at www.facebook.com/willowwoodsurgery



Screens in Surgery:

Whilst you're waiting to see the GP, Nurse Practitioner, Nurse or Pharmacist, why not take a look at the screens in the waiting area? They have plenty of information about healthcare and different ways to look after yourself.



And finally We'd like to welcome Nurse Helen Smith and Pharmacy Technician Jane Dean who joined us in Spring and have settled well in to our practice team.