

CROWN MEDICAL PRACTICE



OCTOBER NEWSLETTER

Winter Health

Keep warm and get help with heating

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.

Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom. This is particularly important if you have a health condition. It's best to keep your bedroom windows closed at night.

Check your heating and cooking appliances are safe. Contact a Gas Safe registered engineer to make sure they're working properly. You can find an engineer from the Gas Safe Register website.

Make sure your home is fire safe. For fire safety advice specific to you and your home, visit the online home fire safety check website to complete a safety check for your home.

Make sure you're getting all the help that you're entitled to. There are grants, benefits and advice available to make your home more energy efficient, improve your heating or help with bills.

Find out more about ways to save energy in your home from GOV.UK, or call the government helpline on 0800 444 202.

You can also find out more from GOV.UK about benefits and financial support if you're on a low income.

Look in on vulnerable neighbours and relatives

Remember that other people, such as older neighbours, friends and family members, may need some extra help over the winter. There's a lot you can do to help people who need support.

Icy pavements and roads can be very slippery, and cold weather can stop people from going out.

Keep in touch with your friends, neighbours and family and ask if they need any practical help, or if they're feeling unwell.

Make sure they're stocked up with enough food supplies for a few days, in case they cannot go out.

If they do need to go out in the cold, encourage them to wear shoes with a good grip and a scarf around the mouth to protect them from cold air, and to reduce their risk of chest infections.

Make sure they get any prescription medicines before the holiday period starts and if bad weather is forecast.

If they need help over the holiday period when the GP surgery or pharmacy is closed or they're not sure what to do, go to 111.nhs.uk or call 111.

If you're worried about a relative or elderly neighbour, contact your local council or call the Age UK helpline on 0800 678 1602 (8am to 7pm every day). You can find your local council on GOV.UK.

If you're concerned the person may have hypothermia, go to 111.nhs.uk or call 111.

A decorative border surrounds the central text area, featuring several orange pumpkins of various sizes and scattered autumn leaves in shades of orange, yellow, and red.

Vaccinations

FLU VACCINATION

INFLUENZA WILL SHORTLY BE CIRCULATING. IF YOU'RE ELIGIBLE FOR A FLU VACCINATION, PLEASE MAKE AN APPOINTMENT WITH US TO HAVE YOURS EARLY IN THE SEASON.

WE HAVE CONTACTED PATIENTS WHO ARE ELIGIBLE FOR A FLU VACCINATION. IF YOU'VE PREVIOUSLY HAD A FLU VACCINATION PROVIDED BY THE NHS AND WE'VE NOT CONTACTED YOU YET, PLEASE GET IN TOUCH TO CHECK WHETHER YOU'RE ELIGIBLE.

SHINGLES

IF YOU ARE AGED 70 TO 79, YOU ARE ELIGIBLE FOR A SHINGLES VACCINATION IF YOU HAVEN'T ALREADY HAD ONE. SHINGLES CAN BE VERY PAINFUL, SO IF YOU'RE ELIGIBLE FOR VACCINATION AND HAVEN'T YET HAD IT, PLEASE CONTACT US SO THAT WE CAN BOOK YOU AN APPOINTMENT.

SHINGLES CAN BE VERY PAINFUL, AND CAN BE DANGEROUS TO OTHERS IF THEY HAVE LOW OR NO IMMUNITY TO SHINGLES. IF YOU THINK YOU MAY HAVE SHINGLES, PLEASE CONTACT NHS 111.

[HTTPS://WWW.NHS.UK/CONDITIONS/SHINGLES/](https://www.nhs.uk/conditions/shingles/)

[HTTPS://WWW.NHS.UK/CONDITIONS/VACCINATIONS/SHINGLES-VACCINATION/](https://www.nhs.uk/conditions/vaccinations/shingles-vaccination/)

COVID-19

AN INCREASE IN THE NUMBER OF CASES OF CORONAVIRUS IS LIKELY DURING THE WINTER MONTHS. YOU CAN FIND ADVICE ABOUT WHAT TO DO AND WHEN YOU SHOULD SEEK FURTHER ADVICE.

VACCINATION PROGRAMMES FOR COVID-19 ARE ONGOING. IT IS LIKELY THAT CORONAVIRUS CASES WILL INCREASE OVER WINTER. IF YOU HAVEN'T HAD ALL THE DOSES OF VACCINATION YOU'RE ENTITLED TO, PLEASE CONTACT US TO ARRANGE YOUR VACCINATION.

[HTTPS://WWW.NHS.UK/CONDITIONS/CORONAVIRUS-COVID-19/USING-THE-NHS-AND-OTHER-HEALTH-SERVICES/](https://www.nhs.uk/conditions/coronavirus-covid-19/using-the-nhs-and-other-health-services/)

[HTTPS://WWW.NHS.UK/CONDITIONS/CORONAVIRUS-COVID-19/CORONAVIRUS-VACCINATION/CORONAVIRUS-VACCINE/](https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/)

NHS APP

Did you know you can manage your health quickly and easily using the NHS App?

The free NHS App gives you secure access to a range of NHS services — all from your smartphone, tablet, or computer. With the app, you can:

- Book GP appointments
- Order repeat prescriptions
- View your medical records securely
- Access your COVID-19 vaccination status
- Check your symptoms and find trusted NHS information
- Send messages to and receive messages from your GP surgery

It's simple to use and available to anyone aged 13 and over who is registered with a GP surgery in England. Download today:

Search for "NHS App" on the App Store (Apple) or Google Play (Android), or visit www.nhs.uk/nhsapp to get started.



Contraceptive pill now available directly from local pharmacies

Women in the North East and North Cumbria can now get the contraceptive pill directly from their local pharmacy, without needing a GP appointment. Pharmacies can offer the contraceptive pill too – whether someone is starting it for the first time or continuing with their regular prescription.

The service is free and confidential and offers more choice about where and how to access contraception, making it quicker and more convenient while also helping GP surgeries, and sexual health clinics, by freeing up appointments for those with more complex needs.

A short check-up will still be needed once a year, which will take place at the pharmacy when the next supply is collected. If any unusual side effects occur and do not go away, it is important to speak to a pharmacist or GP straight away.

The service is available to all women, including those under 16. Personal details will only be shared with parents or carers if there are serious safety concerns.

Happy Halloween!