

Frome Valley Medical Centre Newsletter – Winter 2023



Stay well in the winter:

- Eat well - keep a good, healthy and balanced diet - keep the sugars low.
- Stay hydrated - aim to drink 2-3 litres of water a day.
- Take some exercise every day - one of the best and easiest things to do is a 10 minute quick walk after each meal.
- Stay warm - wear sensible clothes and keep your house at a good temperature.
- Don't drink too much alcohol - the recommended limit is 14 units per week for men and women.
- Connect with other people - isolation and loneliness is bad for us - check on your neighbours, be a good friend, find a new social hobby to do.
- Take some time every day to be grateful - life can feel so much harder when the dark nights draw in - writing down three things every night that you are thankful for before you sleep, does your mental health real good!
- Keep learning - do something new - keep your mind active, maybe learn a new skill - focusing on something new is really good in helping your memory and your sense of wellbeing.
- Do something to help others out - it's a good season for charity and kindness, and it's great for you too.
- Trust your immune system - remember, most illnesses at the time of year are caused by viruses - pesky bugs, that don't respond to antibiotics, but will be fought off by your immune system. If your Nurse or GP tells you that antibiotics won't work, trust them and your immune system.

PATIENT PARTICIPATION GROUP (PPG)

The PPG has one group that meets bi monthly at the Practice and an email group that give their views online. We try to make suggestions about possible changes to the Practice and also find projects that will help our 14,000 patients.

If you would like to get involved or receive more information you can apply on the Frome Valley Medical Centre website, leave a note for us at reception or email us at fvmcppg@gmail.com

CHRISTMAS OPENING TIMES

Closed

Monday 25th Dec Christmas Day

Tuesday 26th Dec Boxing Day

Open as usual

(Emergencies only if possible please)

Wednesday 27th to Friday 29th

December

Closed

Monday 1st January New Year's Day

Open as usual

Tuesday 2nd January onwards

Healthier together

Try and get your blood pressure checked to prevent strokes and heart attacks. There is a BP machine with simple instructions in the practice waiting room for your convenience. After you have taken your blood pressure in the waiting room, just pass your results slip to the reception staff.

NHS App

Did you know there is lots you can do on the NHS App? Including:

- Manage repeat prescriptions and selected pharmacy collection
- Book/manage appointments
- View your health records
- Book/manage your Covid vaccines and lots more...

**Do more with
the NHS App!**

- 🔗 Order repeat prescriptions
- 📅 Book appointments
- 👁️ View your records
- And much more...



Staff News from FVMC

We will shortly be welcoming two new members of staff to our Care Navigation Team. They will undertake a full induction and training plan and we hope they will be fully integrated into the existing team by the end of January 2024.

Dr Louise Crilly has joined the Practice on a permanent basis working Mondays and Wednesdays. Louise was previously here as a GP Trainee and completed her training in September 2023.

We are looking to recruit another Salaried GP and a Pharmacy Technician and have adverts in circulation for these.

And finally, we welcome Ellie (Physicians Associate) and Elisha (Health and Wellbeing Coach) who both started working with us in November 2023.

What's coming up:

January = Dry January - Challenging you to go alcohol free for 31 days and aims to raise awareness of the effects of alcohol.

1st February = Time to Talk Day - Getting people to talk about mental health and by doing so help change lives.

4th February = World Cancer Day - Aims to save millions of preventable deaths each year by encouraging individuals to take action.



Armed Forces veteran friendly accredited GP practice

Veteran Friendly practice

We are an Armed Forces veteran friendly accredited GP practice, meaning, along with other things, you will get priority treatment for any medical condition which has been caused by your service, subject to the clinical needs of other patients.

We'd love to have a veteran join our PPG, something you might be interested in drop us a line

fvmcppg@gmail.com



These spaces offer a friendly welcome and are free to use. They are often located in a community centre or town or village hall. Some offer hot drinks, activities and information on local financial support, energy saving tips and help with the cost of living.

For details of your nearest community welcome space, you can use the South Gloucestershire council information and services directory.

You can choose to show the results on a map and enter your postcode or location to refine the results. Go to [Community welcome spaces | BETA - South Gloucestershire Council \(southglos.gov.uk\)](https://www.southglos.gov.uk)