



TAUNTON ROAD MEDICAL CENTRE

Winter 2018

TRMC WINTER NEWSLETTER



Summary of those who are recommended to have the flu vaccine

- everyone aged 65 and over
- everyone under 65 years of age who has a medical condition listed on page 4, including children and babies over six months of age
- all pregnant women, at any stage of pregnancy
- all two- and three- year-old children
- all children in reception class and school years 1, 2, 3, 4 and 5
- everyone living in a residential or nursing home
- everyone who cares for an older or disabled person
- household contacts of anyone who is immunocompromised
- all frontline health and social care workers

For advice and information about the flu vaccination, speak to your GP, practice nurse or pharmacist.

It is best to have the flu vaccination in the autumn before any outbreaks of flu. Remember that you need it every year, so don't assume you are protected because you had one last year.



Be a TRMC Flu fighter!

If you feel that you are eligible for a flu vaccination you can have your vaccination during any appointment with a Doctor or Nurse or in one of our flu clinics.

For more information please ask at Reception.



You can help us help you get the right medical attention urgently.

Call 111

HELP US HELP YOU
KNOW WHAT TO DO

NHS

Heidi Nielsen, Nurse

CALL 111

Websites the GP's trust:

www.nhs.uk

This will take you to the NHS choices site, where you can find local health related services, medical advice, a symptom checker and much more.

www.patient.co.uk

This website is full of helpful information for all the family such as: healthy eating, health and wellbeing and medication.



Public Health
England

Stop norovirus spreading this winter

Norovirus, sometimes known as the 'winter vomiting bug', is the **most common stomach bug** in the UK, affecting people of all ages. It is **highly contagious** and is transmitted by contact with contaminated surfaces, an infected person, or consumption of contaminated food or water.

The symptoms of norovirus are very distinctive – people often report a sudden onset of **nausea** followed by **projectile vomiting** and **watery diarrhoea**.



Good hand hygiene is important to stop the spread of the virus.

People are advised to:

- Wash their hands thoroughly using soap and water and drying them after using the toilet, before preparing food and eating
- Not rely on alcohol gels as these do not kill the virus

An infection with norovirus is self-limiting and most people will make a full recovery in 1-2 days. It is important to keep hydrated – especially children and the elderly.

Do not visit either A&E or GPs with symptoms as this may spread the virus.

Further information and advice is available from NHS 111, including an online symptom checker at nhs.uk.



Your pharmacy team can help you with minor health concerns

We're healthcare experts who can give you clinical advice, right there and then. And if symptoms suggest it's more serious, we'll ensure you get the help you need.

We're here to help you and your family stay well.

STAYWELL

nhs.uk/staywellpharmacy

Prameet Shah, Community Pharmacist



Check your medicine cabinet!

Many over-the-counter medicines (including paracetamol and ibuprofen) are available to relieve symptoms of common winter ailments, such as colds, sore throat, cough, sinusitis or painful middle ear infection (earache).

Talk to your pharmacist for advice on getting the relief you need.

To manage winter illness symptoms at home: Rest, drink plenty of fluids and have at least one hot meal a day to keep your energy levels up.

STAY WELL THIS WINTER!

Prescriptions

Please make sure that you order your repeat prescriptions one week before you are due to run out.

If your repeat prescription is due to run out over the Christmas period please ensure that you order in plenty of time.

Please ensure that you always take your medication as directed by the Doctor.

Bridgwater Bay Health Federation

Cranleigh Gardens Medical Centre, Cannington Health Centre, East Quay Medical Centre, North Petherton Surgery, Polden Medical Practice, Quantock Medical Centre, Redgate Medical Centre, Somerset Bridge Medical Centre, Taunton Road Medical Centre, Victoria Park Medical Centre.



Are you as prepared as you could be?



Very often we are not prepared for difficulties and this can create a lot of stress that could be avoided with a bit of planning ahead. Below is a list of things to think about and prepare for, so if you are caught out this winter, you can avoid these stresses.

Staying Healthy - in mind and body

Remember to get your FLU jab, eat healthily (have at least 1 hot meal a day), keep hydrated, keep active (wear shoes with a good grip) and a scarf, keep warm (Keep home at 18°C/ 65°F and wear layers of clothing) and socialise.

Transport

- We know fewer roads will be gritted this winter. Make sure you have enough provisions and medication at home for a week or two so that you don't need to go out when the icy weather comes.

Worst Case Scenario

- Think about what you need to have in place if you had to go into hospital?
- Is someone else dependant on you?
- Do you have to look after anyone, cook for them give them their medicine, take them somewhere? Make sure they have thought about a back-up plan if you can't help.
- Do you have any pets? Who could look after them if you need to spend a few days in hospital?
- Do you have a list of loved ones, and their contact details, in an obvious place in case someone needs to contact them for you? Do you need to update your Doctors records with your next of kin contact details?

Other People who can help include:

Carers Support - for advice and support if you are caring for someone **0800 3168 600**
 Independent Age -for help and support to keep you independent **0800 319 6789**
 The Silver line - A help line for older people **0800 470 8090**

Use the Back of this Leaflet to make YOUR PLAN

*Our Patients
Their Future*

Your Name:	
Your Next Of Kin: Name, Contact Details:	
Your Neighbours Names and Telephone numbers if you need to ask for help:	
Who do you look after?	
Who would be able to help if you were unable?	
Who will look after your Pets if you are unable:	

*Our Patients
Their Future*