



Keep Safe Keep Warm

If you have reduced mobility, are 65 or over, or have a health condition such as heart or lung disease, you need to keep warm in winter.

To keep warm and healthy your living room should be 21C and your bedroom at least 18C. It's a good idea to keep your bedroom at this temperature all night if you can.

If you are too cold your body finds it much harder to pump blood around your body.

Call the **Energy Saving Advice Service** on **0300 123 1234** who can offer free impartial advice on home insulation and heating. You may be eligible for help to replace your boiler for a more high-efficiency boiler to help reduce the amount of energy used to keep your home warm.

Be Prepared this Christmas!

Don't run the risk of leaving yourself short of medication or running out at Christmas.

Ensure you have requested your repeat prescription in plenty of time. We can accept your request **earlier** at this time of year.

If you need **URGENT CARE** when the **SURGERY IS CLOSED** you can visit the Urgent Care Centre at Weymouth Community Hospital.



Norovirus, which causes diarrhoea and vomiting, is one of the most common stomach bugs in the UK. Its also called the "winter vomiting bug" because its more common in winter, although you can catch it at any time of the year.

Norovirus can be very unpleasant but it usually clears up by itself in a few days. You can normally look after yourself or your child at home.

Try to avoid going to your GP as norovirus can spread to others very easily.

Call your **GP** or call **NHS 111** if you are concerned or need any advice.

Keep Busy this Christmas

The Christmas season seems to begin earlier every year, but it doesn't have to take over every aspect of your life. Think about what you most enjoy doing, whether its reading, country walks, going to the cinema or meeting up with friends, and make time to do it.

Be a volunteer, many charities and organisations need help at Christmas. If you have some spare time, you could spend a few hours working as a volunteer.

Visit NHS Choices at www.nhs.uk for further information and find out how volunteering brings health benefits to both the volunteer and the people they support.

Have you had your Flu Jab?

Your vaccination is waiting for you!



Dorset's Clinical Services Review

Local people are being asked to give their views about proposals that could see major changes to acute hospital and community care services across Dorset.

A 3 month public consultation on the changes proposed will start on 1 December 2016. If agreed, the changes will help Dorset deliver its 5 year plan for improving health and care services.

The Clinical Services Review was launched in response to major challenges which health and care face both in Dorset and across the rest of the country. These include:

- ◆ A growing population with more people living longer
- ◆ An increasing demand on services
- ◆ Workforce shortages that will be difficult to fill
- ◆ Variations in the quality of care
- ◆ A potential funding gap of at least £158m per year by 2020

During the consultation people will be asked for their views on proposals.

Over the coming weeks there will be lots of opportunities to get involved and have a say.

There will be consultation documents and questionnaires available at the surgery. It is important that as many people have their say as possible. To find out more visit

www.dorsetsvision.nhs.uk

YOUR NHS

CALL 111
When you need urgent medical advice but its not a 999 emergency

At Preston Surgery last month **103** appointments were **NOT ATTENDED!** Please inform us if you are unable to attend your appointment, so we can offer this to another patient.

Surgery Christmas Opening Hours

CLOSED
Mon 26th Dec
Tues 27th Dec

OPEN
8.20-6.30pm
Wed 28th Dec
Thur 29th Dec
Fri 30th Dec

CLOSED
Mon 2nd Jan

OPEN
Tue 3rd Jan

Wishing you a Merry Christmas and a Happy Healthy New Year from the Partners and staff at Preston Road



Exercises for older people
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Exercises For Older People

1. Getting Started / Sitting Exercises

Over the next few issues we will be publishing a series of exercises for older people to do at home, incorporating **Flexibility, Strength and Balance**. If you've not done much physical activity for a while, you may want to get the all-clear from a GP before starting.

For the exercises that require a chair, chose one that is stable, without wheels. You should be able to sit with feet flat on the floor and knees bent at right angles. Avoid chairs with arms as this will restrict your movement. Try to do these exercises at least twice a week, this will help to improve muscle strength, balance and coordination.

There are three other sets of exercises in this series: Flexibility, Strength and Balance, which will follow in the next newsletters. Or you can visit www.nhs.uk/exercises-for-older-people to download the full series or alternatively **ask at reception to pick up a copy of the full exercises**.

As your fitness improves, why not look for a group session near you? Age UK have lots of ideas. Visit www.ageuk.org.uk for further information.



CHEST STRETCH - This Stretch is good for posture

A. Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend arms out to the side.

B. Gently push your chest forwards and up until you feel a stretch across your chest.

Hold for five to 10 seconds and repeat five times.



UPPER BODY TWIST - This will develop and maintain flexibility in the upper back

A. Sit upright with feet flat on the floor, cross your arms and reach for your shoulders.

B. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for five seconds.

Repeat going right. Do five of each.

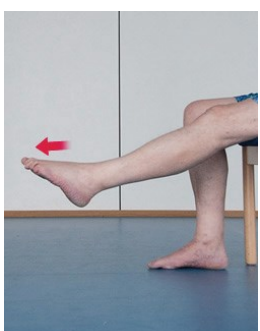


HIP MARCHING - This will strengthen hips and thighs and improve flexibility.

A. Sit upright and away from the back of the chair. Hold on to the sides of the chair.

B. Lift your left leg, with your knee bent, as far as is comfortable. Place foot down with control.

Repeat with the opposite leg. Do five lifts with each leg.



ANKLE STRETCH - This will improve ankle flexibility and reduce blood clot risk.

A. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.

B. With leg straight and raised, point your toes away from you

C. Point your toes towards you.

Try two sets of five stretches with each foot.