

JANUARY



Preston Road Surgery Newsletter January 2017

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Patient Participation Group

A meeting for **ALL** patients will be held at **Preston Road Surgery** to discuss the current **Dorset CCG Proposals** on **Tue 17th January at 6:30pm**

All patients are welcome to come along to discuss the current proposals to improve health and care services in Dorset.

This is **YOUR NHS** and **YOUR SURGERY!** You have the chance to speak up and share your views.

Please pick up a consultation document from the surgery and complete the questionnaire to send free post.

Come along and be informed!

The **DOCTORS & STAFF** would like to say **A BIG THANK YOU** for all your kind Christmas gifts and cards.

We wish you all a Happy and Healthy New Year.

Have you had your Shingles Vaccination?

From 1 September 2016, people who are or will be **70, 78 or 79** years of age on that date are eligible for a shingles vaccination.

Most of us may have had chickenpox when we were young, if you did then the virus that caused it can stay in your body for the rest of your life. If the virus reactivates it causes a disease called Shingles.

Shingles can be very painful and tends to affect people more commonly as they get older. By having the vaccination you will reduce your chance of developing shingles. If you think you are eligible for a vaccination, or require further information, please ask at the surgery.

Would you recommend this service to Friends and Family?

The NHS Friends and Family Test (FFT) was created to help service providers understand whether their patients are happy with the service provided or where improvements may be needed. We value **ALL FEEDBACK**.

If you receive an SMS to your mobile after your appointment, please take the time to reply, or you can complete a paper questionnaire in surgery and post it in the collection box.

Alternatively, please tell reception if you are happy with the service you have received or if you feel this could be improved in any way.

Your views matter to us

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

At Preston Surgery last month 111 appointments were NOT ATTENDED!
Please inform us if you are unable to attend your appointment, so we can offer this to another patient.

Carer's Group

If you are the main carer for someone, have you joined our Carer's Group?

Please speak to Jackie at the surgery for more details.



Book your appointment online

The surgery is now able to offer a secure online system for you to book your own GP appointments, request repeat prescriptions and view your coded medical record online.

Please enquire at reception if you would like to sign up for this service.

Dry January - Join the millions and go dry this January!

Dry January is Alcohol Concern's flagship campaign. Taking part in the campaign is a chance to ditch the hangover, reduce the waistline, and save some serious £££ by giving up alcohol for 31 days.

A month off alcohol can make a real difference – some of the benefits are:-

- ◆ Weight loss
- ◆ Better sleep
- ◆ More energy
- ◆ Clearer skin
- ◆ Time – no more hangovers to sleep off!
- ◆ The sense of achievement for finishing your month
- ◆ The stats show most people drink less booze after the month is over
- ◆ The realisation that you're actually just as awesome without the alcohol



Save Money! The average person spends **£50,000** on booze in their lifetime!

Ever wondered what your usual tipple adds up to in terms of units or calories? Here's your chance to find out – input what you would have in a typical week before Dry January, and we'll tot up an estimate of the units, the calories you've been drinking and how much you're spending, so you can see some of the benefits of a month off!

Sign up at dryjanuary.org.uk and download the **dry January App**

Exercises for older people on next page



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.

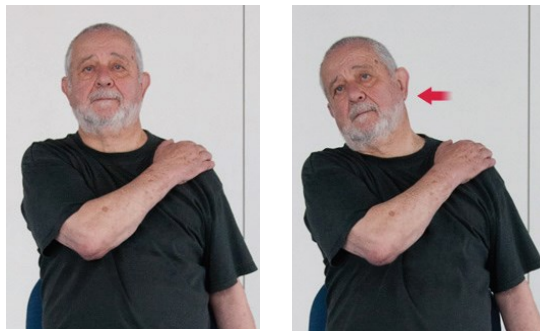
There are three other sets of exercises in this series: Flexibility, Strength and Balance, which will follow in the next newsletters. Or you can visit www.nhs.uk/exercises-for-older-people to download the full series or alternatively **ask at reception to pick up a copy of the full exercises**.

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.



NECK ROTATION - This Stretch is good for neck mobility and flexibility

- Sit upright with shoulders down. Look straight ahead.
- Slowly turn your head towards your left shoulder as far as is comfortable. Hold for 5 seconds and return to straight ahead.
- Repeat going right. Do three rotations each side.



NECK STRETCH - This stretch is good for loosening tight neck muscles.

- Sit upright, look straight ahead and hold your left shoulder down with your right hand.
- Slowly tilt your head to the right while holding your shoulder down. Repeat on the other side.

Hold each stretch for 5 seconds and repeat three times on each side.



SIDEWAYS BEND

- Stand upright with your feet hip-width apart and arms by your sides.
- Slide your left arm down your side as far as is comfortable. As you lower your arm, you should feel a stretch on the opposite hip.
- Repeat with your right arm down your right side.

Hold each stretch for 2 seconds. Perform three each side.



CALF STRETCH

- Place your hands against a wall for stability. Bend the right leg and step the left leg back at least a foot's distance, keeping it straight. Both feet should be flat on the floor.
- The left calf muscle is stretched by keeping the left leg as straight as possible and the left heel on the floor.

Repeat with the opposite leg and perform three on each side.