



Grenoside Surgery

Practice Newsletter

Welcome to the latest issue of our Practice Newsletter

News!



Nicola Hill
Practice Nurse

Kara Eaves
Practice Manager

Campaign or Month's Promotion

Together We Can Beat the Flu

6 Tips to Stay Healthy this Flu Season

Avoid touching eyes, nose mouth

Cover your sneeze/cough

Wash your hands

Stay home if you're sick

Avoid contact with sick people

Get the Flu Vaccine

The flu vaccine is the first step in protecting yourself



Your NHS, your way.
Download the NHS App.

Useful Numbers

Northern General Hospital	(0114) 243 4343
Royal Hallamshire Hospital	(0114) 271 1900
Sheffield Children's Hospital	(0114) 271 7000
Weston Park Hospital	(0114) 226 5000
Charles Clifford Dental Hosp	(0114) 271 7800

Pharmacies

Well Pharmacy (Grenoside)	(0114) 245 0021
Allied Pharmacy (Margetson)	(0114) 232 1741
Well Pharmacy (Southey)	(0114) 232 5462
Asda Pharmacy (Chaucer)	(0114) 294 4250
Parson Cross Pharmacy	(0114) 240 0390

Patient Participation Group

Would you like to join our PPG Group?
Would you like more information?
Please register an interest at reception.

The practice will be closed for staff training one afternoon a month from 1.00pm



The Next PLI is:
13.11.2024

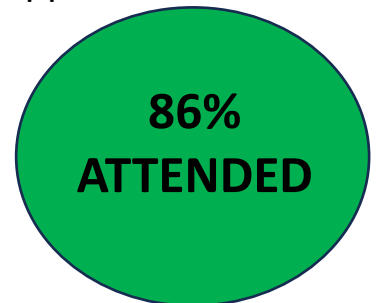
Should you need a doctor during this time, please telephone the surgery number and your call will be dealt with by the GP collaborative

Job Board



No adverts currently

Patients attending appointments (last month)



If you are unable to attend always cancel your appointment

Updates

Cloud Based Telephone System installed
Patient Call System in the waiting room



What would you like to see in this newsletter?
Do you have any ideas?

If so, please speak to Kara Eaves or leave a suggestion at reception.



To cancel or rearrange
call us on **0114 240 3159**
24 hours a day

Select option 1 to leave a message
Text 07758 721550

Visit the practice in person to rearrange

BOOST

**YOUR IMMUNITY
THIS WINTER**

**FLU + COVID-19 BOOSTER
VACCINES**

Find out how to book at
nhs.uk/wintervaccinations

Get boosted in time for winter

We are encouraging everyone eligible to take up their offer of a free flu vaccine and a COVID-19 booster.

Unpaid carers, people aged over 65 or who have a learning disability are among those who qualify.

Flu and COVID-19 can both be life-threatening and spread more easily in winter.

The vaccines provide an added layer of protection against the two illnesses, both of which are expected to become more prevalent as the temperature drops and people spend more time indoors.

If you support someone with a learning disability you can help to make sure they have good access to healthcare by supporting them to:

Be on the GP learning disability register ask their GP practice for additional information adding to their summary care record, have the right health checks, screening and immunisations and to carry out the actions in their health action plan.

Mencap has produced this easy reading guide about the COVID-19 booster for people with a learning disability [here](#)

Winter health and wellness tips



Protecting your body and preparing for cold temperatures can help you stay in good health, especially when you're not out and about as much as during warmer months. There are many simple things you can do to help keep yourself healthy and well in winter.



Drink water



Even minor dehydration is linked to a number of potential cognitive and bodily problems. Considering that 20% of daily fluid intake comes from food, it's recommended women drink eight 8-ounce glasses of water per day and men consume 12 for optimum hydration.

Eat your vegetables



Filling up on root vegetables, fiber and vitamins C and D can help support your immune system. Colorful and healthful foods like carrots, beets, broccoli, cauliflower, in-season fruits and protein are all part of a balanced diet. Eating some Brussel sprouts beats a few days with a nasty cold.

Keep moving



Exercise contributes to physical and mental health, and setting a regular schedule is key. It's not as easy to stay active in winter, but there are many mobile apps and videos for indoor workouts. If you go out to shovel, be careful, bend your knees and pace yourself.

Get some sleep



Adults should aim to get 7-9 hours of sleep per night. Some experts suggest turning your devices off an hour before bedtime because the blue light from screens often decreases a person's ability to sleep restfully, as can television. Consider non-digital reading or listening to music.

Wash your hands



Due to the COVID-19 pandemic, you already know the CDC recommends cleaning your hands before touching your eyes, nose or mouth and after you've been in a public place. Remember: use soap, fully lather your whole hands, scrub for 20 seconds and rinse under clean water.

Fight the flu



It's vital that you're up to date on all your immunizations for winter. As per the CDC, flu vaccines reduce the risk of illness, hospitalization and death. During 2018-19, vaccination prevented 4.4 million influenza illnesses and it can also help save valuable health care resources for COVID-19 treatment.

Bundle up



Dress in loose-fitting layers and protect your head, ears, hands and feet to avoid frostbite and hypothermia. If clothing gets wet, change into dry clothes as soon as possible. The risk of frostbite rises as the wind chill falls; symptoms include a prickling feeling, numbness, discolored skin and stiffness.

Stay socially engaged



Seasonal affective disorder is a type of depression that affects an estimated 10 million Americans, especially in winter. Connect with friends, family and those you haven't spoken with recently, even if only by phone or computer. Don't be afraid to reach out for help if you're feeling down.

Self Care