GRENOSIDE SURGERY
& WADSLEY BRIDGE SURGERY

NHS

Caring for our community together



AUTUMN & WINTER HEALTH NEWSLETTER 2026

Helping Our Community Stay Healthy This Winter

Healthier People · Stronger Communities · Brighter Futures

Flu & COVID-19 Vaccinations

- Protect yourself this winter
- Reduce the risk of severe illness
- Help prevent hospital admission
- Protect those around you
- Stay healthier throughout winter
- Contact the surgery for eligibility and appointments

Vaccination helps keep our community stronger



PROTECT YOURSELF PROTECT OTHERS

Colds, Flu & RSV

- Wash your hands regularly
- Catch coughs and sneezes in a tissue
- Stay at home if unwell
- Keep indoor spaces ventilated
- Keep vaccinations up to date
- Eat well, stay hydrated and get enough rest

Small steps make a big difference

KEEP OUR COMMUNITY WELL THIS WINTER

Asthma & COPD

- Continue taking inhalers as prescribed
- Attend annual reviews when invited
- Keep sufficient medication supplies at home
- Order repeat prescriptions in plenty of time
- Wear a scarf over your mouth and nose outdoors
- Contact the surgery if symptoms worsen

Breathe easier this winter



Keeping Warm & Well

- Keep your home warm and comfortable
- Wear several layers of clothing
- Enjoy regular hot meals and drinks
- Stay active where possible
- Check on elderly relatives, neighbours and friends

Look after yourself and look out for others



Winter Mental Wellbeing

- Stay connected with family and friends
- Spend time outdoors during daylight hours
- Keep physically active
- Maintain a healthy routine
- Reach out for support if you are struggling
- Support is available through the surgery

Your mental health matters



Important Practice Notice

STAFF TRAINING AFTERNOON CLOSURE

Protected Learning Initiative (PLI)

Tuesday 17th November 2026

The practice will **be closed from 1:00pm.**

If you require a doctor during this time, please telephone the **surgery as normal** and your call will be dealt with by the GP Collaborative.

NHS 111 for urgent medical advice

999 for life-threatening emergencies

Use the NHS App

- Order repeat prescriptions
- View your health record
- Access test results
- Manage appointments
- Access NHS services quickly and easily



Healthcare at your fingertips

Download on the App Store · GET IT ON Google Play

Patient Participation Group (PPG)

NEW MEMBERS WELCOME

Have Your Say About Your GP Practice

The Patient Participation Group works with the practice to help improve services and ensure the patient voice is heard.



- Share your views and ideas
- Help shape future services
- Learn more about how the practice operates
- Represent the views of other patients

Interested in Joining?

Email Beth:

syicb-sheffield.grenosideadmin@nhs.net

for more information about becoming a member.

HELP US HELP YOU

- Keep your contact details up to date
- Order prescriptions early
- Attend appointments or cancel if no longer required
- Consider your local pharmacy for minor illnesses

STAY WELL • STAY WARM • STAY PROTECTED

Healthy People Stronger Communities

GRENOSIDE & WADSLEY BRIDGE SURGERY

Working Together To Keep Our Community Healthy This Autumn & Winter

