



Bedlingtonshire Medical Group

www.bedlington-doctors.com

Patient Participation Group (PPG)

Newsletter Autumn 2018

New arrivals

Dr McCulloch has given birth to a baby girl, both mother and baby are well.

Bedlingtonshire Medical Group Patient Participation Group

For further information please contact,
Chris Million, Secretary
Christopher.million@northumbria.ac.uk or
Jill Henderson, Patient Services Manager
on Tel. 01670 536214 or
Jill.henderson3@nhs.net

Flu vaccinations

Do you require a flu vaccination?

If you require vaccination, please contact our reception team as soon as possible to arrange an appointment.

Current Clinics dates

Over 65's

15th November, 1pm – 4pm,



Over & under 65's (no under 18's)

17th November, 8am – 12noon

Under 65's

28th November, 5.30pm – 6.30pm

Alcohol and your health

There's no guaranteed safe level of drinking, but if you drink less than the recommended daily limits, the risks of harming your health are low. Regularly drinking more than the recommended daily limits risks damaging your health.

The NHS recommendations:



- Men should not regularly drink more than 3-4 units of alcohol a day
- Women should not regularly drink more than 2-3 units a day
- If you've had a heavy drinking session, avoid alcohol for 48 hours

"Regularly" means drinking this amount every day or most days of the week.

Most people who regularly drink more than the NHS recommends don't see any harmful effects at first. Alcohol's hidden harms usually only emerge after a number of years. And by then, serious health problems can have developed.

Liver problems, reduced fertility, high blood pressure, increased risk of various cancers and heart attack are some of the numerous harmful effects of regularly drinking more than the recommended levels.

The effects of alcohol on your health will depend on how much you drink. The more you drink, the greater the health risks.

Most people who have alcohol-related health problems aren't alcoholics. They're simply people who have regularly drunk more than the recommended levels for some years.

Help an older person this winter



Each winter, one older person dies every seven minutes from the cold.

If you have an older friend or relative close to you, there are some simple things you can do to support them through the cold weather:

- **Call or visit more often** if the cold weather stops your friend or family member from getting out and about. This can help keep their spirits up and make them feel less isolated.
- **Make sure they have basic food items** in the cupboard or freezer in case it's too cold to go shopping.
- **Pick up prescriptions** if it's too cold for them to go out, or find out if their local pharmacy offers a prescription pick-up and delivery service.
- **Help to prevent falls.** Bring round a mixture of salt and sand for putting on steps or paths in icy weather. Some

councils provide free bags of the mix; otherwise try a local DIY store.

- **Make sure they keep warm.** Their main living room should be heated to 70F/21C, and the rest of the house heated to at least 64F/18C. Low temperatures increase the risk of flu and other respiratory problems and can raise blood pressure.
- **Encourage them to get a benefits check** to make sure they're claiming everything they're eligible for. **Age UK** can offer a benefits check.

Age UK helps older people in winter

Local Age UKs can offer a very wide range of services to help older people feel warm and well in winter such as:

- Distributing essential items like clothes, heaters and electric blankets to keep older people warm.
- Providing free information and advice to ease financial worries, and help older people to feel warm and well.
- Providing handy people who can provide energy services, like fitting draft excluders and radiator foils, as well as help with practical tasks around the home.
- Offering shopping support so those with mobility issues can get what they need.
- Running Christmas parties and providing befriending services to help fight loneliness



Friendship Line

Is a free telephone friendship service for people aged 60 and over to receive a free and confidential call, contact: 01670 784800

We continue to collect data, feel free to fill in a Friends and Family Form

A hand holding a red pen is filling out a 'Friends & Family Test' form. The form asks 'How likely are you to recommend our GP practice to friends and family if they needed similar care or treatment?' and has three options: 'Yes', 'No', and 'Maybe'. The 'Yes' option is marked with a red checkmark. The NHS Choices logo is visible at the bottom left of the form.

Friends & Family Test

How likely are you to recommend our GP practice to friends and family if they needed similar care or treatment?

Yes
 No
 Maybe

NHS choices

