



# WRAFTON HOUSE NEWSLETTER

Winter 2018



## CHRISTMAS AND NEW YEAR OPENING TIMES

Monday 24th December—Normal 8.30am—6.00pm

Tuesday 25th December—**CLOSED**

Wednesday 26th December—**CLOSED**

Thursday 27th December—Normal 8.30am—6.00pm

Friday 28th December—Normal 8.30am—6.00pm

Saturday 29th December—**CLOSED**

Sunday 30th December—**CLOSED**

Monday 31st December—Normal 8.30am—6.00pm

Tuesday 1st January—**CLOSED**

Wednesday 2nd January 8.30am—6.00pm

(Telephone cover from 8.00am—6.30pm)

When the Surgery is closed, if you need to see a Doctor and it will not wait until we are open again, you can ring the Out of Hours Service on **111**.

In an emergency, suspected heart attack, stroke or accident please telephone **999**

## Keep Warm and Healthy

Living in a cold home is linked to Breathing, Heart conditions, Strokes and Depression. The

Hertfordshire Warmer Homes Scheme is there to help and they can provide free or discounted household improvements, such as insulation, which helps to make homes cheaper to heat.

HERTS HELP on 0300 123 4044

or email [info@hertshelp.net](mailto:info@hertshelp.net)

## Other Services Available

The Extended Access Hub in Welwyn Garden City will have appointments available to book, please ask at Reception.

The Urgent Care Centre in Welwyn Garden City will be open over the holidays for minor injuries.

### **EXTENDED ACCESS APPOINTMENTS AT WRAFTON HOUSE IN DECEMBER.**

We will be open on the following for routine appointments booked in advance.

Monday 3rd December 6.30pm—8.30pm

Monday 10th December 6.30—8.30pm

Saturday 15th December 8.30am—10.30am

Monday 17th December 6.30pm—8.30pm

Each of these sessions include appointments with a Doctor, Practice Nurse and Health Care Assistant.



**Please order your medication in good time to last you over the Christmas and New Year Bank Holidays.**

While you are ordering your medication, please take a moment to see if you need everything on the list. Do you have a cupboard full of unused medicines?

**Medicine Wastage costs the NHS £300 million every year. Think how many extra Doctors and Nurses that would pay for.**



**WE WISH ALL OF OUR PATIENTS A MERRY CHRISTMAS AND A VERY HAPPY AND HEALTHY NEW YEAR**



## GERMS AND BUGS

*As winter approaches we are all especially vulnerable to catching Colds, Flu or Winter Vomiting bug. If you are entitled to a free FLU Vaccination. (Over 65 years of age or in a vulnerable group) please ensure that you book an appointment as soon as possible. Washing hands frequently is*

*vital to control the spread of these germs. Remember:*

*CATCH IT: Always use tissues to catch your cough or sneeze.*

*BIN IT: Dispose of your tissues as soon as possible.*

*KILL IT: Wash your hands*

### PATIENT PARTICIPATION GROUP

Every patient at Wrafton House is automatically a member of the group. The group consists of a committee made up of patients just like you.

Would you like to joint the group?

They will all make you very welcome.

We need your views and ideas on how we can improve our service.

Whilst there will always be constraints in the NHS we are sure together we can make it work for us.

### *Be a Good Neighbour*

*Now that the weather has turned colder it doesn't take much time to be a good*

*Neighbour, just to check someone is safe, warm and well. When you are out and about, it is no trouble to pick up some extra essential supplies such as bread and milk and take them to your elderly neighbours, or those needing assistance. You may be the only person they see for several days.*

*All these good feelings have a positive affect on our own well-being. The result is less stress and a healthier Immune system for you.*

### KNOW YOUR BODY

One person in three is diagnosed with cancer at some point in their life, usually in later years. But people of all ages can be affected. There could be something wrong . If you experience any of the following symptoms:

A lump anywhere in you body

A change in bowel movements

Abnormal bleeding

Changes in a mole

Unexplained weight loss

While the majority of these symptoms are not serious, always make an appointment to see a Doctor to make sure. Always keep up to date with the screening programs:

### **ROUTINE SCREENING PROGRAMMES:**

Cervical Screening with a Practice Nurse

(smear test) for women aged between 25 and 64 years.

Breast Screening (Mammography) for women aged between 50 and 70 years

Bowel Screening: A kit will be sent to you in the post between the ages of 50 and 74 years.