

TOPCLIFFE SURGERY THIRSK AND RIPON AREA GP

NEWSLETTER

WINTER 2018

KEEP ANTIBIOTICS WORKING

Public Health England has launched a 'Keep Antibiotics Working' campaign, warning patients that taking drugs when they are not needed puts them at risk of more severe or longer infections.



The message is simple; for common conditions such as a cough, cold, flu or sore throat, patients need rest, not antibiotics. More patients should stay at home and rest making sure that they drink plenty of fluids and take paracetamol rather than be given antibiotics. Public Health England (PHE) says up to a fifth of antibiotic prescriptions are unnecessary as many illnesses get better on their own.

Overusing the drugs is making infections harder to treat by creating drug-resistant superbugs. Around 5,000 people in England die each year because antibiotics have become resistant to some infections and experts predict resistance will kill more people than cancer and diabetes combined within 30 years.

Patients have "a part to play" in stopping the rise of infections and they should not go to their doctor "expecting an antibiotic". Did you know that if you have taken antibiotics in the last year, any infection you get is more likely to be antibiotic resistant and that if you take antibiotics unnecessarily they are less likely to work when you really do need them? You can also pass on antibiotic resistant bacteria to loved ones.



WINTER WEATHER – IS THE SURGERY OPEN?



Having already had the first snow fall of the winter season in some parts of our catchment area, it is worth remembering that in bad weather conditions our staff may struggle to get to work safely. If this is the case, we may be running on a reduced staff or even have to open later, or close earlier, than usual.

Whilst we will always do our best to keep patients informed of any unplanned, last minute, changes to our booked appointments, it is worth checking that the surgery has managed to open as usual in particularly inclement weather. Nobody wants a wasted journey!

DRINK FREE DAYS

With Christmas just round the corner there are even more temptations than usual to enjoy a few drinks. Why wait for January to get your drinking under control? Now is a good time to take action before the Christmas season gets fully underway.

The 'Drink Free Days' App is a simple and easy way to track the days you drink alcohol and the days you don't. Feel healthier, lose weight and save money – simply nominate days to take off drinking and get practical, daily support to help you stick to it.



For more information visit: <https://www.nhs.uk/oneyou/apps/>

TOPCLIFFE SURGERY NEEDS YOU!

Are you a dispensing or non-dispensing patient here at Topcliffe Surgery? You are a dispensing patient if you live at a distance of more than one mile from pharmacy premises. This means that if you are a dispensing patient you can get your medications here at our dispensary – simply hand over your prescription.



If you are a dispensing patient, we ask for your support and would encourage you to use our dispensary rather than an outside pharmacy. Put simply:

PLEASE GET YOUR MEDICATION HERE AT TOPCLIFFE.

For every prescription you give us to convert to medication we receive a small dispensing fee from the NHS. This money helps us to continue to provide the doctors, nurses and staff here at Topcliffe Surgery. This doesn't mean you have to get your medication here – it's your choice. You are free to take your prescription to any pharmacist, but please be aware that that pharmacist won't re-invest the dispensing fee they receive into Topcliffe surgery. The dispensing fee and your support will help Topcliffe Surgery survive for future generations: please support us to support you – convert your prescription into medication at your dispensary here at Topcliffe Surgery.

Please also be wary of companies mailing material to you purporting to be doing so on behalf of the practice or stating they are part of the NHS. Companies like pharmacy2u are using the NHS logo and confusing patients. They are a privately owned business. Pharmacy2u were fined £130,000 in 2015 for selling patients' personal data to other companies. Thank you for your support. Please ask any member of staff if you are unsure if we can dispense to you.

EVERY MIND MATTERS

There are times when we feel stressed, low or anxious, or have trouble sleeping, especially when the long winter nights kick in. But there are things we can do to look after our mental health and wellbeing. Get expert advice, practical tips and a personalised action plan with Every Mind Matters.

Having good mental health can help us feel better, sleep better and support us in doing the things we want to do. It can also help us have more positive relationships with those around us.

The way we think affects how we feel, and that affects how we act. Taking steps to catch and change unhelpful thoughts can improve our mental health and wellbeing.

Focusing on the present moment, using techniques like mindful breathing, can help reduce stress, improve your mood, and help us to feel more relaxed as we go about our day-to-day lives.

Spending time with family, friends and those around us is one of the most effective ways to improve mental wellbeing, and can help avoid loneliness, which can affect any of us.

Good-quality sleep can increase our strength, stamina and energy, both physically and mentally. There are steps we can take to help have better sleep, and more of it, to improve our mental health.

For more information visit: <https://www.nhs.uk/oneyou/every-mind-matters/>



The team at Topcliffe Surgery would like to wish all our patients a very Merry Christmas and Happy New Year!





TOPCLIFFE SURGERY CHRISTMAS OPENING HOURS 2018-19



During the festive season the surgery
will be open as usual apart from the following Bank
Holidays:

Tuesday 25th December 2018 - Closed
Wednesday 26th December 2018 - Closed
Tuesday 1st January 2019 – Closed

IN CASE OF LIFE THREATENING MEDICAL EMERGENCIES RING 999
FOR OTHER MEDICAL ADVICE RING 111

LOCAL PHARMACY OPENING HOURS

Pharmacy	Christmas Day Tuesday 25 th Dec 2018	Boxing Day Wednesday 26 th Dec 2018	New Year's Day Tuesday 1 st Jan 2019
Boots Pharmacy 1 Chapel Street Thirsk YO7 1LU 01845 574730	Closed	9.00-15.00	Closed
Boots Pharmacy 28 Market Place Thirsk YO7 1LB	Closed	9.00-15.00	Closed
Boots Pharmacy 203-204 High Street Northallerton DL7 8LW 01609 772800	Closed	10.00-13.30 14.00-16.00	10.00-13.30 14.00-17.30
Tesco Pharmacy East Road Northallerton DL6 1NP 0345 677 9511	Closed	Closed	12.00-13.00
Day Lewis, Mowbray House Surgery, Malpas Road, Northallerton DL7 8FW 01609 772029	12.00-1300	Closed	Closed

