

Season of Greetings

The clocks have gone back, daylight is shorter, and there's a chill in the air—signs that winter is setting in. It's important to take care of your health and well-being while embracing the festive spirit. This special edition provides you with information about the surgery’s operations during the festive season, so please keep it handy. In addition, there are things you can do to make the most of the holiday break. These include focusing on staying active and nurturing your mental health. Keeping active is a key aspect of winter wellness. Regular exercise can boost your mood and strengthen your immune system. Aim for at least 30 minutes of moderate exercise each day. If the cold weather keeps you indoors, try fun alternatives like yoga or Pilates. When the weather permits, take short walks outside, as fresh air can be invigorating. Mental well-being is equally important during the winter months, especially over the Christmas holidays. Stay connected with friends and family through calls or video chats to share the joy of the season. You can also embrace the festive cheer by decorating your space, baking holiday treats, or enjoying seasonal music or films. Remember, small changes can make a big difference, and a little holiday cheer can go a long way!

Surgery’s Operation (November and December)

- Vaccinations should be largely over by November. The surgery will be looking to get people in for their annual reviews as usual, especially those that missed their invitations in the summer.
- **The surgery will be closed on 25/12/2024 (Wed), 26/12/2024 (Thu) and 01/01/2025 (Wed)**
- During the period of closure, patients call **111 or 999** or go to **Crawley Urgent Treatment Centre** or **A&E** for medical emergency.
- Be prepared and order your medicines and repeat prescriptions in advance of **2 or 3 days at least**. Pharmacies (When open) can give emergency supply if needed.
- To help manage the increased demand during winter, the surgery recommends that healthy adult patients (those without long-term health conditions, and not elderly, frail, or young children) with new coughs, colds, or sore throats will likely be referred to **Pharmacy First**. Pharmacists there can prescribe antibiotics if necessary.

Keep you entertained during festive season

November and December 2024

Dates	Time	Event	Venue
Every Thursday morning (not December 26 th)	From 10.00am	Our weekly Social stroll is open to all patients and is subject to weather conditions	Meet outside the surgery
Wednesday 6 th November	2.00pm - 3.30pm	Afternoon Tea at the Revive Café	The Charis Centre, West Green RH11 7EB
Tuesday 19 th November	10.00am - 11.30am	Coffee morning with a talk on Waste Recycling and catch up at the surgery.	The Surgery
Saturday 30 th November	10.45am	Film Club* Come along for a hot drink and cake and then watch 'Fisherman's Friend – One and All'	The Surgery
Wednesday 4 th December	2.00pm - 3.30pm	Afternoon Tea at the Revive Café	The Charis Centre, West Green RH11 7EB
Tuesday 17 th December	10.00am - 11.30am	Christmas Coffee morning and catch up at the surgery.	The Surgery
Saturday 21 st December	10.45am	Christmas Film Club* Come along for some festive treats and then watch National Lampoons Christmas vacation	The Surgery

All events are free and open to all Leacroft’s patients.

(*) Please leave your name with the reception



The Friends of Leacroft wish all patients, staff, nurses, and doctors a very happy festive season and a very healthy New Year.