

# Newsletter

*St Thomas Medical Group*



## Practice Update

*Written by Chris Stoppard - Practice Manager*

### This Quarter:

1. Practice Update
2. Winter Wellbeing
3. Useful Information
5. Seasonal Closures

The wind, rain and the recent flurry of snow we experienced let us know that winter is well and truly here. Although it can be cold and soggy we really do love the crisp bright winter days.

It's been a busy time here at the surgery as we've been offering respiratory virus vaccinations and flu jabs both in the surgery and in residential homes in our area. We still have some vaccines available so, if you're eligible for a flu vaccination and you haven't had yours yet, please call our friendly reception team and they'll endeavour to book you an appointment with our nursing team.

Please be aware that, with the colder and wetter weather, more people are choosing to use their cars to access appointments. We advise you to keep this in mind when making plans to attend your appointments and maybe leave a little extra time to find alternative parking if necessary.

Finally, on behalf of us all at St Thomas Medical Group, can I wish you a very Merry Christmas and a Happy New Year!



## Winter Wellbeing

To support wellbeing during winter months, it's essential to prioritize self-care. Engaging in regular physical activity, even if it's just getting out in the fresh air, can boost mood and reduce feelings of isolation. Additionally, maintaining a routine can provide structure and a sense of purpose during darker months.

Social connections are also really important. While it may be tempting to hibernate, reaching out to friends or family through phone calls, video chats, or even sending a handwritten letter can help foster a sense of belonging. Joining community groups or virtual meetups can also provide opportunities to connect with others who share similar interests.

Mindfulness practices such as meditation or yoga can help manage stress and enhance emotional wellbeing.

Ultimately, looking after ourselves and each other, particularly in winter, can lead to a more fulfilling and connected experience during this season. It's important to seek help if feelings of isolation or loneliness become overwhelming, as mental health professionals can provide support and strategies tailored to individual needs.

Please click on the link below to access the NHS Every Mind Matters website for useful information, contacts and links.

<https://www.nhs.uk/every-mind-matters/>

Engaging with others, exploring creativity, and finding ways to stay active are just a few methods to maintain our physical and mental health. To support this approach, St Thomas Medical Group have partnered with 64 Million Artists to participate in 'The January Challenge'.

Throughout January, a free creative prompt will be delivered daily to inspire creative thinking, foster community connections and add some enjoyment to what can often be a dreary month.

For more information, and if you would also like to participate in The January Challenge, click the link below:

<https://64millionartists.com/thejanuarychallenge/>

"Please remember you can self refer to Talkworks, if you are struggling with your mental health."  
<https://www.talkworks.dpt.nhs.uk/location/s/talkworks-exeter>

"Heat your home to a temperature that's comfortable for you.

If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom."



## Useful Links

Warm Spaces -  
St Thomas Church and Love Food CIC (95 Cowick Street)

Love Food CIC are open for tea, company and a variety of events and meal options.  
Please click on the link to their website for further information and find them on Facebook or Instagram for their latest event news (<https://lovefoodcic.co.uk/>)

Exeter Wellbeing have produced a newsletter for the St Thomas Community. Please click on the link below to access the latest copy which contains lists of weekly events and useful community contacts.

<https://www.wellbeingexeter.org.uk/post/st-thomas-newsletter-winter-2024>

## Seasonal Closures

We will be closed on the following days over the Christmas period.

Monday 23rd December - Open  
Tuesday 24th December - Open  
*Wednesday 25th December - Closed*  
*Thursday 26th December - Closed*  
Friday 27th December - Open

Monday 30th December - Open  
Tuesday 31st December - Open  
*Wednesday 1st January - Closed*  
Thursday 2nd January - Open  
Friday 3rd January - Open

**\*\*\*PRESCRIPTIONS\*\*\*PRESCRIPTIONS\*\*\*PRESCRIPTIONS\*\*\***  
PLEASE ALLOW PLENTY OF TIME WHEN ORDERING REPEAT  
PRESCRIPTIONS DURING THE CHRISTMAS PERIOD.