

WELCOME TO THE WINTER EDITION OF

# PENDEEN NEWS

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## How to Manage Coughs and Colds



### 1: How to help make yourself better

Take paracetamol to reduce a fever; always follow the instructions

Ask your pharmacist for advice on reducing your symptoms

Get plenty of rest until you feel better

Drink enough fluids to avoid feeling thirsty

Wash your hands to help stop infections spreading

Use tissues when you sneeze to help stop infections spreading

### 2: Check how long your symptoms last

An earache: most get better by

**8 Days**

A sore throat: most get better by

**7 - 8 Days**

A cold: most get better by

**14 Days**

A cough: most get better by

**21 Days**



For more information visit the NHS Choices  
Website: [www.nhs.uk](http://www.nhs.uk)

If you are not starting to improve a little by the times given above, seek advice from the surgery from 8am.  
If you are feeling a lot worse,  
Phone NHS 111, [NHS Direct Wales](#) or [NHS 24](#)



### ANTIBIOTICS ARE NOT NEEDED FOR

Colds and Flu  
Vomiting  
Most Coughs  
Most ear infections  
Most sore throats  
Most diarrhoea  
Most Cystitis

**TAKE YOUR PHARMACIST'S ADVICE**



### ANTIBIOTICS ARE NEEDED FOR

Serious bacterial infections including:  
Sepsis  
Pneumonia  
Urinary tract infections  
Sexually transmitted infections like gonorrhoea  
Meningococcal meningitis

**TAKE YOUR DOCTOR'S ADVICE**



Check out our New Website [www.pendeensurgery.nhs.uk](http://www.pendeensurgery.nhs.uk)



**EXCITING NEW CHANGES FOR DR KING**

Dr King has taken up a new post within our Primary Care Network as the lead doctor for frailty and care homes. This is an opportunity for Doctor King to make a difference to the most vulnerable patients within the south and west of Herefordshire.

The clinical commitment will be integral to this post and she has therefore taken the hard decision to step back from seeing patients within the surgery and concentrate on seeing elderly patients within our care homes and our patients with learning difficulties.

We have taken on a new doctor, Dr Bryn Thomas, who started on the 2nd December. He will have clinics on Mondays and Tuesdays.

**Patient Participation Group (PPG)**

The PPG had elections for the Chair and Deputy Chair roles at the AGM in October. Nigel Moore has been elected as Chair and Paul Baker, who was the Chair, has become Deputy Chair.

We are in the process of agreeing our objectives for the next year with the surgery and will let you have more information about them in the next newsletter.

We are always very keen to hear from anyone who would be interested in joining the group. It is very important to get the views of all patients. We would be happy to tailor your commitment to the time you can give and so if you are interested in getting involved please email

[pendeenppg@gmail.com](mailto:pendeenppg@gmail.com)

**The Surgery Car park and One-way system**

The roads around the surgery were changed into a one-way system a few months ago. Some people may not be aware of this and so there have been instances of people going the wrong way to and from the surgery car-park. You cannot now turn into Kent Avenue from Alton Street or Walford Road.

The most important point is that **you must turn right when you leave the surgery** Car park and head towards Walford Road. There are occasions when people turn left when they leave the surgery and go into oncoming traffic.

The PPG has been in contact with Hereford Council to ask them to install a 'don't turn left' sign by the surgery car park exit.



**NHS**

**Get your prescriptions before the Christmas holidays**

If you start to feel unwell, even if it's just a cough or a cold, seek advice from the pharmacist.

**STAY WELL THIS WINTER**

*From all the Doctors & Staff at Pendeen Surgery, We wish you all a Very Merry Christmas and a Happy New Year!*

**We are only closed 25th December, 26th December, 1st January**