



LATEST NEWS

Firdale Medical Centre Newsletter, October-December

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Prescriptions



If you are due any prescriptions in the week between Christmas and New year, please ensure you request this the week commencing 16th December. Any later requests, we cannot guarantee that you will get in time.



Please note that Hoggs Chemist, next door, will be shut on Christmas Day, Boxing Day & New Years day.

Keeping well in the cold months

As the days get colder it is important to think about way you can keep well over the winter months, as it can make some health problems worse and diseases can spread more easily. Here are some tips to help:-

Stay Warm:- Heat your home to a temperature that's comfortable for you, wear several layers, and if you are struggling with these, visit a number of warm hubs, libraries etc. where you can have a warm drink.

Check your medicine cabinet:- Make sure you are up to date with all pre-scriptions and that it is in date. Stock up on essential over-the-counter medications for common winter illnesses.

Stay Healthy:- Reduce the amount of time you spend sitting down, it doesn't matter what you do, as long as its something you enjoy and it keeps you moving! Make sure you wear shoes with good grip when getting around. Eat a healthy & balanced diet and keep fluids up.

Stay Connected:- Keep in touch with your friends, neighbours & family to keep spirits high. Speak to someone if you're feeling unwell, and don't be afraid to ask if you or they need any help.

DID NOT ATTEND

Throughout the months October- November patients did not attend 260 appointments.

This equals 65 hours of our clinicians time wasted.

Vaccine Clinics

We have ran RSV, flu and covid clinics, making sure all of our eligible patients are fully vaccinated.

RSV vaccines given = 104

Flu vaccines given = 1994

Covid vaccines given = 1073

The Big Christmas Day Community Walk

Our social prescribing team have arranged another Christmas Day gentle group walk through Northwich woodlands.

Meeting Point– Waitrose steps

Time– 11am

There is no need to book, just turn up!

If you want more details, call 07359778575

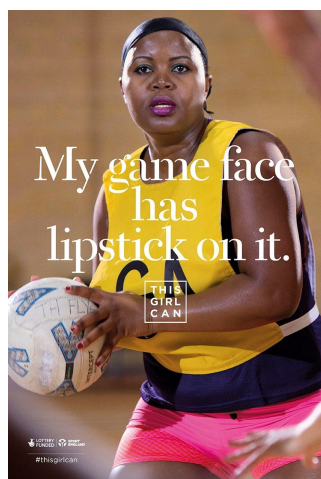
In case of very bad weather, please call to check

Dogs are welcome!



THIS GIRL CAN

From day one, the award-winning This Girl Can Campaign has been shaking up the way women get active and changing the rules of the game. Thousands of women have said that they'd like help to become more active. Join them by taking small steps to be active, when you want, in ways which you enjoy.



This campaign is here to encourage women of all shapes, sizes, abilities and backgrounds. Whether you need help easing yourself in, juggling life, staying motivated or overcoming nervousness– they've got it covered.

There is such a fantastic community within the campaign. Women from all different walks of life, all making exercise a priority and supporting each other through it.

If this is something your interested in, visit their website:- <https://www.thisgirlcan.co.uk/>

Steady on your Feet

If you ever worry about your risk of falling over, you're not alone. Steady On Your Feet is here to support you every step of the way.

Steady on your feet has launched in Cheshire! It is an online resource designed to help older adults feel more confident about their balance and ability to get around more safely.

This includes strength & balance exercise videos, home safety advice and signposting to local services. "Our advice, guidance and resources can help you stay active, healthy and independent, while reducing the risk of falls."

Follow the link below, or scan the QR code

[Welcome to Steady On Your Feet Cheshire](#)

