



In Good Health

Coughs & Colds - stay well this winter

Coughs and colds can be a nuisance at this time of year. If you do get a cold this winter, you do not need to see your GP unless you have any of the following symptoms:

- Temperature over 39C.
- Sharp chest pains.
- Coughing up blood.
- Difficulty breathing.
- Swelling to neck or armpits.
- Symptoms lasting longer than 3 weeks.

Coughs and colds usually only last two weeks and the NHS has provided the following guidance to try and relieve your symptoms:

- Get plenty of rest
- Drink lots of fluids
- Try simple lemon & honey with warm water
- Use tissues (and throw them away properly)
- Wash your hands often

You can get everything you need from your local community pharmacy - paracetamol, ibuprofen or aspirin, cough & cold mixtures and decongestants. Your GP, nurse or pharmacist will not generally give you a prescription for over the counter medicines unless there is a clinical need.



**HELP US
HELP YOU**

STAY WELL THIS WINTER

DNAs (Did not attend)

Each month we publish how many appointments have not been attended. These are displayed in surgery and on our website.

As a practice we would strongly advise that if you book an appointment, you record it carefully and you call to cancel if you are unable to attend, we are then able to offer this appointment to another patient. It is practice policy that if you persistently DNA then you will unfortunately be asked to find an alternative surgery.

Childhood Vaccinations

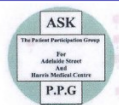
Each surgery runs clinics to vaccinate your children. These are held once a week, on a Wednesday morning at Harris and on a Thursday afternoon at Adelaide. Your child will be invited a total of 5 times. At 8 weeks, 12 weeks, 16 weeks, 1yr old and for pre-school vaccinations when

3yrs 4 months old. If you have not received an invitation to these clinics and you feel your child is due to attend, or would like to check your child's immunisation status, then please contact either surgery.

Further information:
www.nhs.uk/Conditions/vaccinations

Booking appointments

When making an appointment the receptionist will ask you for a reason. All our receptionists have received care navigation training, and the purpose of this question is to direct you to the best service for the problem you have. This can help you get the care that you need. If you feel it is too personal you can refuse to say, we won't be offended.



Our patient participation group meets every 2-3 months to discuss matters concerning the practice and surrounding areas. We value patient input as this can only help us improve the service we provide. We also run our virtual PPG through facebook alongside the actual meetings, making these meetings accessible to those who can't attend. If you want to take part, you can find the facebook group by searching for 'Adelaide Street Patient Participation Group' and requesting to join, or turn up at our next meeting at Whitegate Drive Health Centre. The next meeting is:

Tues 29th Jan, 6pm.

FY2's & Students

As a teaching practice, it may be quite common for a student to be present when you attend your appointment. If you would like to be seen without the student then please inform reception or the GP/nurse etc.



REMEDIES - Sexual Health Service

Remedies (an anagram of mereside) is a sexual health service provided by Adelaide Street & Harris Medical Centre. The service is open to all Blackpool residents, including those not registered with the practice.

The service aims to identify instances of sexually transmitted infections and

treat them accordingly. It is a completely anonymous and confidential service, where patients do not even need to give us their names if they do not wish.

Appointments can be made on our dedicated number:

07585 509689



Keep Working

ANTIBIOTICS DON'T WORK FOR

Colds
Flu
Vomiting
Most coughs
Most ear infections
Most sore throats
Most diarrhoea
Most cystitis

Ask your pharmacist for advice

ANTIBIOTICS ARE NEEDED FOR

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

Take your doctor's advice

Are you on facebook? Yes? So are we.

We recommend that all our patients join our facebook page to keep up to date with surgery news. Our page is updated regularly with information regarding not only the two surgeries, but also local health matters and other health related information.

The link for our page can be found at the bottom of this page.



Need a plumber, local pharmacy, or a local support group?

This information and a whole host of other information can be found in the FYI directory. The FYI directory is a new, unique directory for people across Blackpool, Fylde and Wyre. It brings together information about a wide range of local health and council services, community & social groups, wellbeing activities and events into one comprehensive source.



 **Merry Christmas & Happy New Year to all our patients and staff** 

Dates for your diary

1st Dec - World Aids Day
14th Dec - Christmas Jumper Day
25th Dec - **Surgery Closed**
26th Dec - **Surgery Closed**
31st Dec - New Years Eve
1st Jan - **Surgery Closed**
All January - Dry January
14th - 20th Jan - Obesity Awareness week
21st - 27th Jan - Cervical Cancer Prevention Week
29th Jan - PPG meeting, 6pm
All February - LGBT History Month
14th Feb - Valentine's Day

New App - My GP

You may have already received a txt invitation to download our new app called My GP. You can register for this app with your mobile number and date of birth, provided that the mobile number matches the one we hold for you. For those of you already using the app you are now able to order your repeat medication through the app.

A leaflet is available from reception explaining the different functions of the app, and further information on the app's various uses can be found at:

www.ilovemygp.com/faq



A Healthy Recipe To Try...

Chicken & Bean Stew
Serves 4

Ingredients

1.5kg chicken thighs/ drumsticks, skinned
2 tbsp. olive oil
2 onions, sliced
1 garlic clove, finely chopped
1 red chilli, deseeded and finely chopped
1 red bell pepper, sliced
1 green bell pepper, sliced
400g tinned chopped tomatoes
400g tinned kidney beans
400g tinned butter beans, drained
80ml hot chicken stock

- Put the olive oil in a frying pan, and place over a medium heat.
- When it's hot, add the chicken, and brown on all sides. Then remove the chicken and drain on some kitchen roll.
- Heat the other tbsp. olive oil and fry the onions, garlic, and chilli for 3 minutes.
- Mix in the bell pepper, chopped tomatoes, both kinds of beans, and hot chicken stock.

- Place the chicken on top, cover, and cook for 30-40 minutes, ensuring the chicken is cooked through & tender. To check, poke a skewer into the thickest part of the chicken. If, when you remove it, the juice that drips out is pink, the chicken isn't quite cooked.
- Once the chicken is cooked, it is ready to serve.

Nutritional Info

Calories - 1088
Total Fat - 49.9g
Saturated Fat - 12.9g
Carbohydrates - 40.4g
Fibre - 10.9g
Protein 113.8g

Recipe is from Diabetes Cookbook by Shanta Panesar, and is available on:

www.diabetes.co.uk

along with many other recipes.

Staff Changes

A number of staff changes have taken place over the past few months.

Leaving

Caroline - Admin
Sarah - Assistant Manager

Joining

Joshua - Reception

New positions

Adam - Communications lead
Alahna - Data quality lead
Jill - Reception/admin Manager

