

BENCHILL MEDICAL PRACTICE

WINTER 2024 NEWSLETTER



WELCOME BACK...

With Christmas & New Year fast approaching, we have another newsletter with lots of information about the Practice and your health over the festive and winter period.

www.benchillmedicalpractice.nhs.uk

Benchill Medical Practice 

IMPORTANT UPDATES

Flu, Pneumococcal and the RSV Vaccines are still available. Please ask at Reception if you are eligible and get yourself protected this Winter!

CHRISTMAS OPENING HOURS

Monday 23rd Dec	8.00am - 6.30pm
Tuesday 24th Dec Christmas Eve	8.00am - 6.30pm
Wednesday 25th Dec Christmas Day	CLOSED
Thursday 26th Dec Boxing Day	CLOSED
Friday 27th Dec	8.00am - 6.30pm
Weekend	Closed
Monday 30th Dec	8.00am - 6.30pm
Tuesday 31st Dec	8.00am - 6.30pm
Wednesday 1st Jan 25 New Years Day	CLOSED
Thursday 2nd Jan 25	Normal Hours Resume



**Don't leave it
too late**



**to order and
collect your
repeat
prescriptions**

You can order your prescriptions Online via the NHS App or by calling into Reception.



Please remember that 48hours notice is required. This is to allow us time to do the prescription and the Doctor to sign it.



**IN THE EVENT OF A MEDICAL
EMERGENCY PATIENTS SHOULD
CONTACT NHS 111 BY**

 **111 OR**  **WWW.111.NHS.UK**

PHARMACY CHRISTMAS

OPENING HOURS MAY CHANGE

Please be aware that Pharmacies may be closed over Christmas.

Remember to check their opening hours over the Christmas Period.



DRINKING OVER CHRISTMAS?

Please remember if you are having over Christmas to :-

1. Eat before or while drinking.
2. Swerve the salty snacks
3. Alternate each alcoholic drink with a non-alcoholic one



Know Your Limits

CHRISTMAS & MENTAL HEALTH

Christmas can be difficult for anyone, at any point in their life. Christmas is often a time of year that can put pressure on us, and can affect our mental health in lots of different ways. Have a look at Manchester Mind for some coping tips over Christmas.

www.manchestermind.org/Christmas

There is also the 24/7 Crisis Mental Health Helpline ☎0800 014 9995



COST OF LIVING SUPPORT THIS WINTER...

This Winter could be hard for many people- and cost of living worries can have a big impact on health and wellbeing. If you are worried about:

Benefits and rent, debts or bills, food or staying warm, please ring Manchester's Cost of Living advice line on freephone 0800 023 2692 Monday to Friday, 9am-4.30pm. More information is also available at :

www.manchester.gov.uk/coladvice or text: 07860 022876.

Extra money you may be entitled to:

Check if you are eligible for Pension Credit by calling charity Independent Age for free on 0800 319 6789 Monday to Friday, 8,30am-5.30pm, or visit www.independentage.org.

Pension Credit is a very important benefit because it gives access to other benefits, such as social tariffs, the Warm House Discount, cheaper broadband, free TV licences, lower water bills, and now the Winter Fuel Payment. You need to apply for Pension Credit by 21 December.

GET TO KNOW WHERE TO GO...

Greater Manchester Integrated Care have provided Manchester residents with a website that contains information on all local services and how you can contact them. It also contains advice and ideas on how to keep well. Please have a look at the website for more information

www.gmintegratedcare.org.uk

