

The Grange Newsletter

Welcome...

...to the final newsletter of the year from all of us here at The Grange Surgery

Looking back at 2024 we had an extremely busy year looking after our patients as well as completing our internal renovations giving us a new consulting room, breakout room for staff and our fabulous reception. We also supported four resident (junior) doctors, two medical students and student nurses, refreshed our website, appointed a home visiting paramedic, taken hundreds of phone calls, eConsults and prescription requests. We could not have done it without our whole amazing team, who we know go above and beyond every day. Thank you to you too, our lovely patients for bearing with us and for supporting us with many positive Friends and Family surveys and sometimes cards and gifts. We are grateful to you.

We are very aware that it can also be a difficult time of year for some, and we would like to remind you our teams are very much here for you all over the Christmas period.

We would like to wish you a very merry Christmas and a healthy & Happy New Year.

Dr. Venning, GP Partner



Try the NHS App

If you're a patient at our practice you can use the NHS App, a simple and secure way to access a range of NHS services on your smartphone or tablet. You can use the NHS App to get:

- health advice
- order repeat prescriptions
- manage your hospital referrals
- view your GP health record and more.

If you already use Patient Access you can continue to use it but you can use the NHS App as well. For more information go to www.nhs.uk/nhsapp.



Winter Wellness:

Managing Arthritis – some information from our FCP Physio Krishna Reddy

As the temperature drops, many people with arthritis may experience flare-ups, leading to increased joint pain, stiffness, and swelling. To help you manage these symptoms, here are some tips:

- **Stay Warm and Active:** Dress in layers to keep warm and dry. Regular and gentle exercising can help reduce stiffness and pain in the joints.
- **Heat Therapy:** Apply heat packs or take warm baths to soothe aching joints.
- **Pain Relief:** Over-the-counter pain relievers may help manage pain. Consult with your GP or pharmacist for advice.

First Contact Physiotherapy at our surgery can provide advice and tailored exercise plan to help manage your joint pain and reduce flare-ups. Seek immediate help if you are experiencing symptoms like red hot swollen joints, fever, severe pain, difficulty moving joints.

For more information:

Versus Arthritis – A future free from arthritis

Visit their website: www.versusarthritis.org for comprehensive information on arthritis, including symptoms, treatment options, and self-management techniques. By following these tips and seeking professional advice, you can better manage your arthritis and enjoy a more comfortable winter.



Go direct to a physio without seeing the doctor!

Ask reception for more information

First Contact Physiotherapists are available here

The physio will:

- **Assess you** and diagnose what's happening
- **Give expert advice** on how best to manage your condition
- **Refer you on** to specialist services if necessary.

 CHARTERED SOCIETY OF PHYSIOTHERAPY

Ask at Reception



8 BEST CHRISTMAS MOCKTAILS



THE MERRY MOCKTAIL

2-3 oz rosemary
simple syrup
2-3 oz pomegranate
juice
2-3 oz club soda
lime juice



CANDY CANE CHRISTMAS MOCKTAIL

8 oz half and half
12 oz cream soda
4 teaspoon simple syrup
2-4 drops
peppermint oil
candy canes
4 teaspoon simple syrup



SPARKLING CRAN-APPLE CIDER

2 oz apple cider
4 oz cranberry juice
1 splash soda water
2 tablespoon sugar in dish
1 tablespoon lemon juice
1 lemon slice or peel



CHERRY CHRISTMAS MOCKTAIL

4 oz cherry soda
½ oz peppermint syrup
0.2 oz red grenadine
maraschino cherries
crushed ice



SPARKLING CRANBERRY

2 ½ oz cranberry juice
12 oz cranberry sprite
1 tablespoon crushed ice
1 tablespoon cranberries
1 sprig of rosemary



VIRGIN EGGNOG MOCKTAIL

32 oz milk
6 egg yolks
⅓ cup honey
1 teaspoon nutmeg
1 teaspoon cloves
1 teaspoon cinnamon
1 ½ teaspoon vanilla extract



CRANBERRY MOJITO

dasani® sparkling lime
simply® cranberry cocktail
1 teaspoons sugar
20 mint leaves
2 tablespoons lime juice
fresh cranberries
lime slices
mint leaves



CHRISTMAS MIMOSA

2 parts sparkling wine
1 part cranberry juice
1 rosemary sprig or
cranberries to garnish

PACT* CHRISTMAS DAY LUNCH

If you, or someone you know, will be spending Christmas Day alone, we warmly welcome all to join our PACT lunch celebrations.

Wednesday 25 December | 12:30 – 3:00pm
Petersfield Community Centre,
Love Lane, GU31 4BW

For more information or to RSVP
(by Wednesday 11 December),
please email
christmaslunch.pact@gmail.com
or call 07568 451 989.

Alternatively, please pop into
Winton House, 18 High Street, Petersfield to
collect a form.

Please note: transport to-and-from the
lunch can be
provided if required.



*Petersfield Area Churches Together

Free
drop-in
event



East Hampshire VETERANS FESTIVAL

Supporting our veterans in East Hampshire

If you, or a family member, has served in the armed forces and are looking for help, advice or support on anything, this is for you!

Friday 24 January 2025
10am-3pm

Festival Hall, Petersfield, GU31 4EA

Come and explore a range of information from the armed forces community, including national organisations, charities and local groups.

Providing support, advice, discussion, networking and friendship.

A place to chat and a safe space for private conversations.

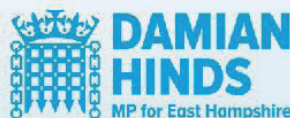
Light entertainment.

Refreshments.

...and more to be announced



easthants.gov.uk/vetsfest



Food Bank and Healthy Eating on a Budget

If you don't have enough food and cannot afford to buy food, you may be able to seek support from the Trussell Trust. The Trussell Trust is a national food bank organisation. There may also be independent food banks for your area.

Eating healthily on a budget can be hugely challenging. The British Heart Foundation has hints and tips on how you can eat healthily while being mindful of the cost of food.

www.trussell.org.uk

www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/eat-well-on-a-budget

Domestic Abuse

The festive season can be a trigger for domestic violence. Abuse can be physical, mental, controlling behaviours or financial abuse. You can find support for female victims of domestic abuse here:

www.nationaldahelpline.org.uk

Money Worries

You can get **FREE** unbiased advice about money, debts, budgets and planning for the future from Money Helper, which brings together advice from respected organisations.

Zero budgeting is a well-known technique to help manage your money. Zero-based budgeting works on the concept that every pound needs to have a job and when you receive money you purposefully allocate the money to its purpose. Over time, this focus can have a positive impact on the financial pressures of the modern world.

www.moneyhelper.org.uk/en

Grief Awareness

'Better together' is the theme for this year's Grief Awareness Week. The concept is that it is better to share our grief. Grief is a natural process and it can help to talk about your feelings. The Good Grief Trust brings together over a thousand charities under one umbrella to help and support those who have suffered a bereavement. You can find out more about the help and support offered by visiting the website:

www.thegoodgrieftrust.org



How do I get an NHS Health Check?

If you're aged 40 to 74 and do not have a pre-existing health condition, you should be invited to an NHS Health Check by your GP or local council every 5 years.

If you think you are eligible but have not been invited, contact your GP surgery to find out if they offer NHS Health Checks or contact your local council to find out where you can get an NHS Health Check in your area.

If you fall into the above cohort, you will soon be invited for your **FREE** NHS Health check.

The Grange Surgery Christmas Opening Times

Monday 23rd December	Open as usual
Tuesday 24th December	Open as usual
Wednesday 25th December	CLOSED – call 111.
Thursday 26th December	CLOSED – call 111.
Friday 27th December	Open as usual
Monday 30th December	Open as usual
Tuesday 31st December	Open as usual
Wednesday 1st January	CLOSED - call 111.
Thursday 2nd January	Open as usual
Friday 3rd January	Open as usual

Local Pharmacy Christmas Opening Times

Swan Pharmacy

Christmas Day	8am – 8pm
Boxing Day	8am – 8pm
New Years Day	8am – 8pm

Day Lewis

Christmas Day	Closed
Boxing Day	Closed
New Year's Day	Closed