



December Newsletter



All of the staff at Buckfastleigh Medical Centre, wish our patients a Merry Christmas and a Happy New Year.

Christmas and New Year Opening Hours

Wednesday 24th December: 8:00 -6:30*

Christmas Day: Closed

Boxing Day: Closed

Monday 29th December: 8:00-6:30*

Tuesday 30th December: 8:00-8:00**

Wednesday 31st December: 8:00-6:30*

New Years Day: Closed

Friday 2nd January: 8:00-6:30*

During this period, if you require non-urgent medical assistance when we are closed, please call 111.

For emergencies, please call 999.

* Phone lines close at 6pm

** The surgery is open for extended hours between 6pm and 8pm for pre-booked appointments only. The phone lines will still close at 6pm.

Prescription Reminder

Please order your prescriptions by Monday 15th December to guarantee your items are ready for collection from the pharmacy, or delivered from online pharmacies, before Christmas.

Thank you.

Stay Well This Winter!

Winter conditions can be bad for our health, especially for people aged 65 or older, and people with long term health conditions. Being cold can raise the risk of increased blood pressure, heart attacks and strokes. The cold and damp weather, ice, snow and high winds can all aggravate any existing health problems, increase the risk of a fall and make us more vulnerable to respiratory winter illnesses but there are lots of things you can do to stay well this winter.

Keeping Warm

Keeping warm over the winter months can help to keep us well. With the rising cost of living, there are simple changes that can help to keep you and your home warm such as reducing your draughts and keeping your bedroom windows closed at night. It is also suggested that wearing several layers of thinner clothing will keep you warmer than wearing one thicker layer. You should also ensure you are eating enough and having plenty of hot drinks.

Seeking Financial Support

Make sure you're receiving all the help you're entitled to this winter. There are grants, benefits and sources of advice available to help you make your home more energy efficient, improve your heating or help manage energy bills.

Check your medicine cabinet

Many over the counter medicines, including paracetamol and ibuprofen, are available to relieve symptoms of common winter illnesses. Always ask a pharmacist for advice. Make sure you get your prescription medicines before the pharmacy and surgery closes for Christmas. Our deadline to ensure you receive your medicines in time is **Monday 15th December**.

Hand Washing

Cases of infectious illnesses can increase over winter. Washing your hands with soap and water is one of the easiest ways to protect yourself and others from catching viruses and help reduce the winter pressures on healthcare services.

Keep your spirits up

Do something you enjoy every day and make it part of your routine. It could be an old hobby or even reading a book, watching a film or going on a daily walk. Lots of people find a daily routine is helpful and a sense of consistency can help us build good habits. Not every day needs to have a plan but having regular times to do certain things such as getting up, having a cup of tea or having a small task to do each day can make all the difference.

Look out for others

Remember that other people such as older neighbours, friends and family members may need a bit of extra help over the winter. Make sure to check in on them, if you are able to, to make sure they are coping during the colder months. For further advice on how you can help visit Age UK's website or call 0800 169 6565.