



Gresleydale Healthcare Centre

Winter Newsletter 2023



Priority Patient Notice

Unfortunately, our reception and clinical teams are very shorted staffed due to unplanned absences. Our phone lines are very busy and demand for appointments is extremely high. Therefore, we will be prioritising patients with the most urgent care needs. If you need general health advice, then please visit NHS online or call 111 for all minor ailments.

Staff News

We would like to say a huge welcome to four new members of staff. Olivia, Sue and Alice have joined the reception team and Debbie Clark has joined the nursing team as a Nurse Associate. We would also like to say good luck to Helen Manton, one of our Administrators, who will be starting an apprenticeship to train as a pharmacy technician and to our practice care coordinator Lyndsey Titley, who will be leaving in February to take up a role as a Social Prescriber working for Swadlincote Primary Care Network. We wish them both well in their new roles.

Strep A advice

Strep A is a common type of bacteria. Most strep A infections are mild and easily treated, but some are more serious.

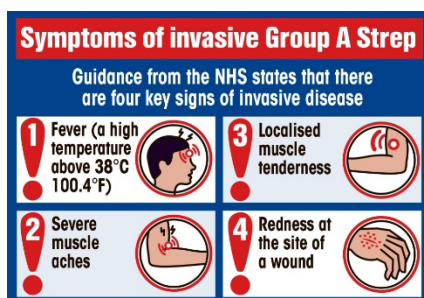
Symptoms of a Step A infection include:

- Flu like symptoms such as an elevated temperature, swollen glands or an aching body.
- Sore throat (strep throat or tonsillitis)
- A rash that feels rough, like sandpaper scarlet fever)
- Scabs and sores (impetigo)
- Severe muscle aches
- Nausea and Vomiting

Step A infections are more common in Children, but adults can also sometimes get them.



Most Strep A infections are not serious and can be treated with antibiotics.



Rarely, the infection can cause serious problems. This is called invasive group A strep (iGAS).

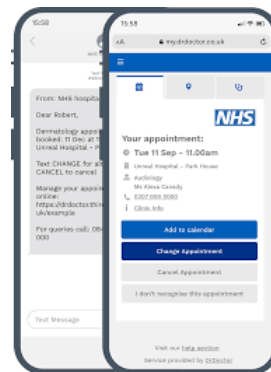
These cases need to be treated in hospital with antibiotics.

Text Message Cancellation / booking Self Service

You should receive a sms reminder a week before your appointment at the surgery and again 24 hours before, with a link attached to enable to you cancel your appointment if needed.

If you have a long-term condition, you will receive a self-booking link when your review is due. This will allow you to book your appointment at your convenience.

Please make sure the surgery has your up-to-date mobile telephone number.



Vitamin D in Winter

Most of our vitamin D comes from the sun. We need Vitamin D to help keep our bones and muscles healthy, especially during the winter months when the sun is not strong enough for the body to make it. Therefore, it is very important to take vitamin D supplements. These are available from supermarkets and pharmacies.

The usual daily dose recommended by NHS England is 400-1000 units a day (10-25micrograms).

Join our Patient Participation Group

The Patient participation group (PPG) is a group of patients who help and support the surgery for the benefit of patients, doctors and staff.

The PPG help:

- Improve the experience of attending the surgery.
- Improve health outcomes.
- Support the surgery in deciding overall service priorities.

If you would be interested in joining our PPG, please email gresleydale.admin@nhs.net

Stay Well This Winter

Cold weather can make some health problems worse and even lead to serious complications, especially if you're older, or if you have a long-term health condition.

Get advice if you feel unwell - you can get help and advice from a pharmacy, your GP or NHS 111



Keep warm- Keeping warm over the winter months can help prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression. Make sure you're getting all the help that you are entitled to. There are grants, benefits and advice available to make your home more energy efficient, improve your heating or help with bills.

For more information visit www.gov.uk/improve-energy-efficiency or call the government help line on 0800 444 202

Get your flu and covid-19 booster vaccines - call the surgery to see if you are eligible.

Flu Jabs

It is not too late to have a flu jab!

We are offering a drop-in service the week beginning 30th January until 10th February from 2pm.

