

Arrival Practice Newsletter

Winter 2018



Top tips if you're out and about this winter....

Being prepared for winter can be as easy as a few simple steps before planning a journey on the road:

- Check the weather forecast and road conditions
- If the weather is poor or the road surface is dangerous, consider whether you need to travel right now or if you can wait until the situation improves
- Consider alternate routes
- Consider alternative modes of transport
- Allow extra time for your journey
- Make sure your mobile phone is fully charged

Pedestrians...

WRAP UP WARM - Dress in layers. Use **many thin, warm layers** rather than few thick layers. Wear shoes or **boots with non-slip soles**. Wear **reflective or bright-coloured clothes** so that you can be seen in the dark. Wear **gloves or mittens**. **Hats or scarves** that cover your ears can muffle the sounds of approaching vehicles, so it is important to take extra care when crossing the road or checking for traffic. **Keep warm but make sure that you are fully aware of what's going on around you.**

Drivers...

Prepare for the winter by keeping your car well maintained. Take special care that **brakes, tyres, lights, batteries, windscreens** and **wiper blades** are in good condition. Don't forget your **antifreeze** and **screenwash!**

Consider keeping an emergency kit in your car for severe weather, this should at least include:

- An ice scraper and de-icer
- A shovel for snow
- A torch and spare batteries
- Warm clothes, boots and a blanket
- Some food and a warm drink in a flask
- A first aid kit
- Battery jump leads



Cyclists...

BE SEEN - You should make sure that you and your bike are visible to other road users by investing in a **good set of front and rear lights** (white at the front, red at the back) and by wearing clothes that help you be seen on your bike such as bright and light reflective items. You should also invest in **warm, waterproof clothing** that does not impact your ability to cycle including **gloves** that will still allow you to switch gears and use the brakes easily. Make sure that your helmet is correctly fitted and consider putting an additional light on your helmet.



Practice Opening Times:

Monday 08.00-18.00

Tuesday 08.00-18.00

Wednesday 08.00-18.00

Thursday 08.00-18.00

Friday 08.00-18.00

Telephone lines open at 08.30

ANTIBIOTICS and why we don't prescribe them routinely...



Antibiotics are used to treat or prevent some types of bacterial infection. They work by killing bacteria or preventing them from reproducing or spreading. **But... they don't work for everything.**

When it comes to antibiotics, take your doctor's advice.

Antibiotics don't work for viral infections such as colds and flu and most coughs and sore throats. Many mild bacterial infections also get better on their own without using antibiotics.

Taking antibiotics when you don't need them puts you and your family at risk of a longer and more severe illness.

Launch Party

Come along and help us celebrate

Monday 3 December
6pm

at
Drake The Bookshop
27 Silver Street
Stockton-on-Tees
TS18 1SX

Light refreshments will be served



We are very excited to announce that the cook book is finally ready!

It's taken well over a year to produce, but it's looking lovely and please do come along to our launch party and support us.

Cookbooks will be on sale at the launch and we hope that you will all buy a copy - it will make a fabulous Christmas present or stocking filler.

**1 cookbook for £3.99
2 cookbooks for £7.00
3 cookbooks for £10.00**

DNA Policy

Due to an increase in the number of wasted appointments through patients failing to attend without informing the practice, it has become necessary to implement the following policy:

1. If you fail to attend without letting us know, you will be telephoned by the receptionist to find out why you did not come to your appointment.
2. If you fail to attend two consecutive appointments without informing us, we will not allow you to book another appointment before meeting with a member of the management team.
3. If you fail to attend three consecutive appointments, you may be removed from the practice list.
4. If you are **unable to attend your appointment**, please **let us know as soon as you can**. It only takes a phone call - please phone **01642 615415** and tell us you are unable to attend.

If you do not attend your appointment, you are taking away the chance for another patient to see the GP or nurse.



Christmas Raffle

A giant Christmas basket and lots of lovely prizes for children to be won!



**Tickets 20p each
Prize draw Thursday 20th December**

Raffle tickets will be available to buy from reception from Monday 3rd December.
All proceeds to Arrival Practice PPG

CLOSING DATES DURING CHRISTMAS & NEW YEAR

The practice will be closed on **Tuesday 25th, Wednesday 26th December 2018**
and **Tuesday 1st January 2019**.

Please remember to order prescriptions in advance!

If you require urgent medical care when the practice is closed,
please ring 111.

The NHS 111 service is free from both landlines and mobile phones.



