



Arrival Practice Newsletter

Autumn 2018

Cough and Cold Season is here....

If you've got a runny nose, sore throat, headache, muscle aches, cough, sneezes and a raised temperature, there's a very good chance that you have caught a cold or mild 'flu'.

You can treat a cold without seeing your GP and will start to feel better in about a week or two.

If you catch a cold, you should **keep warm, drink plenty of water** and warm drinks, **get plenty of rest** and take **Paracetamol or Ibuprofen** to relieve your symptoms.

GPs don't advise antibiotics for colds as they won't relieve your symptoms or make you get better more quickly.

You should only need to see your GP if you don't get better after three weeks, if your symptoms suddenly become worse, if you find it hard to breathe or develop chest pain.



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



You can reduce the risk of spreading a cold by:

- **washing your hands often with warm water and soap**
- **using tissues to trap germs when you cough or sneeze**
- **putting used tissues in a bin as quickly as possible**

Flu Vaccinations

We recommend that anyone with a chronic illness, such as **diabetes, asthma, COPD or heart disease** has a flu jab. **Pregnant ladies** and **children aged 2-3 years** are also advised to get the flu vaccination. If you have an appointment at the practice you can have your flu jab while you are here or you can phone for an appointment. Please ask at reception if you are unsure.



From 1st October we are going to be offering E-consult for all registered patients.

E-consult is an online portal where you can check your symptoms, send a non-urgent medical message to an appropriate clinician or message the reception team.

More information and link will be advertised on the practice website www.arrivalpractice.co.uk

Healthy Heart Check

The best thing you can do to find out about your risk of heart disease is to **book an appointment to see your practice nurse for a healthy heart check (HHC)**.



We strongly recommend a HHC if you're **over 40 years old**.

What happens at a healthy heart check?

The practice nurse will take blood tests (to check your cholesterol levels), check your blood pressure and ask you about your lifestyle and your family (your grandparents, parents, sisters and brothers). Try to give the nurse as much information as possible about your lifestyle and your family's health history.

The blood test results and information will show if you have a high (more than 15%), moderate (10-15%) or low (less than 10%) risk of a heart attack or stroke.

The nurse will then be able to give you the appropriate advice regarding diet, blood pressure, exercise and any lifestyle changes that you could make in order to reduce your risk of developing heart disease in the future. **Ask at reception for details.**

Arrival Practice Patient Participation Group



The date for the next PPG meeting is **Wednesday 14th November at 1pm**.

The PPG is open to all, so please do come along and join us for some lively conversation, tea or coffee and biscuits.

This is your opportunity to make a difference.
We welcome your thoughts and suggestions for ways that we can improve our day to day practice and discuss general ideas for fundraising and events.

FIRE ALARM TEST



For your information

There is a fire alarm test at Arrival Practice every Thursday at approximately 12.30pm.

CLOSING DATES DURING AUTUMN

The practice will be closed on Wednesday 10th October from 1pm (for staff training)

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.



