

BROOKROYD SURGERY NEWSLETTER



Stay well this winter



Winter conditions can be seriously bad for our health, especially for people aged 65 or older, and people with long-term conditions such as COPD, bronchitis, emphysema, asthma, diabetes or heart or kidney disease. 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 and make us more vulnerable to respiratory winter illnesses. But there are lots of things you can do to stay well this winter.

Feeling unwell? Don't wait – get advice from your nearest pharmacist

At the first sign of a winter illness, even if it's just a cough or cold, get advice from your pharmacist, before it gets more serious. Act quickly. The sooner you get advice from a pharmacist the better. Pharmacists are fully qualified to advise you on the best course of action. This can be the best and quickest way to help you recover and get back to normal. If you can't get to a pharmacist yourself, ask someone to go for you or call your local pharmacy.

FLU APPOINTMENTS STILL AVAILABLE IN SURGERY!!

Flu Vaccinations are another way to help you stay healthy— Please check with our reception team to check if you are eligible and book now while stocks are available.

Surgery Christmas Opening Hours

Christmas is fast approaching—see below surgery opening hours over the festive period. Please try to order your prescriptions in good time to avoid delays

Wednesday 25th December 2019—Christmas Day—CLOSED

Thursday 26th December 2019—Boxing Day—CLOSED

Wednesday 1st January 2020—CLOSED.

Closer to Christmas we will be provided with details of local pharmacy opening times. Please ask our reception team who can provide you with this information once it is available.



WE'RE HERE FOR YOU , FOR LONGER.

We're working together with our neighbouring practices to bring you more appointments when our surgery is closed.

You can now see a doctor or nurse on weekdays after 6.30pm, and weekends at Liversedge Health Centre. Appointments will be available:

Monday to Friday 6.30pm—9.30pm, Saturdays 9am—4pm and Sundays 9am—1pm

If you need an appointment at these times please tell our receptionist who will be able to book an appointment for you

NHS

We're here for you, for longer

GP appointments are now available in your area during the evenings and at the weekend.

To book an appointment, contact your practice.

For more information, visit nhs.uk/GPaccess

Your NHS, here for you.





Get more control of your health and care Get the NHS App

- Book and manage appointments at your GP practice
- Securely view your GP medical record
- Order your repeat prescriptions
- Check your symptoms, get instant advice, and more

www.nhs.uk/nhsapp



Can we politely remind patients to refrain from parking in the **DROP OFF ZONE**. This drop off zone is for patients that are unable to get about easily and not a parking area. It is also used for deliveries to the surgery and mostly importantly for emergency services.

We have noticed patients parking in this zone quite often, this also causes issues with access into the surgery car park when delivery drivers are having to park on the side of the road.

Thank you



Community News!!

Are you looking for a gentler form of exercise? Have you considered Tai Chi?



Tai chi. Is a non-combative Chinese martial art that combines meditative breathing with graceful movements for a relaxing yet strengthening workout. It has now become a go-to exercise for many and has been backed by the NHS as being particularly beneficial for over 50s.

Tai Chi exercise is fantastic for all ages and fitness levels as it's easy to learn the basics and doesn't demand much from your body to begin with, even if you haven't been active for a few years. It is believed that the combination of exercise and meditation increases mental activity, makes your brain bigger and could even possibly delay the onset of Alzheimer's. The slow movement and coordinated breathing calms the mind and relaxes the body, reducing stress and improving your mood.

Tai chi is one of the best ways to improve balance. With deliberate footwork you gradually shift your weight and extend your limbs, which, with practice, makes it easier for you to balance in different positions and have better coordination. You can become more flexible, active and functional, which helps as we get older and joints get stiffer.

By attending classes you'll be introduced to a group of like-minded and similarly-aged people, which, if you want, could turn into a new social circle. There are a number of classes available in our area. Searching the Internet for **Tai Chi Kirklees** is a good place to start to find these. Remember, if you do not have access to the Internet, your local library will help you make these searches.

FRIENDS OF LIVERSEDGE CEMETERY, CLOUGH LANE, LIVERSEDGE

Would you like to join our group?

We meet fortnightly and our aim is to keep Liversedge Cemetery tidy. Some of the graves are old and some are relatively new. People buried here were mainly residents of this town and some may be your relatives. We work together to help make the cemetery look tidy again.

If you are interested in joining our group you can do so through our Facebook page

"Friends of Liversedge Cemetery"



Congratulations and Thank you

Congratulations to Brookroyd Surgery and all their staff on their recent excellent National Survey results. A big thank you to all patients who took the time to complete one of these surveys. If you would like to view the survey results they are available on the following link.

<https://gp-patient.co.uk/report?practicecode=B85014>

This newsletter is published by Brookroyd Surgery Patient Group. If you are interested in becoming a member of our group please speak to our reception team for further information. New Members are always welcome. We also welcome any ideas for our next newsletter. If you are a member of any community groups you think maybe of interest to our patients or have any healthy recipes please let us know.