

Ravenswood Medical Practice Newsletter

www.ravenswoodmedicalpractice.co.uk

01473 271122

Self Care for Colds and Coughs:

Coughs and colds usually get better by themselves without the need for any treatment, however you are able to treat the symptoms by doing the following:

- Drinking plenty of fluids (replacing those lost via mucus and sweating)
- Getting plenty of rest
- Eating healthily; a low-fat, high fibre diet is ideal, including plenty of fresh fruit and vegetables



Antibiotics are not effective in treating a cold or the majority of coughs. Instead, many cough and cold medicines are available, including steam inhalation, nasal saline drops, painkillers, cough medicines and decongestants. See www.nhs.uk/Conditions/Cold-common/Pages/Treatment.aspx for more information on how to use these remedies. Should the cold or cough symptoms persist for more than three weeks, contact your GP.

Flu Vaccinations

There is still time to protect yourself against Flu. If you are 65yrs and over or included in one of the defined 'at risk' groups book your flu vaccination NOW. Ask at reception or look on the practice website for more information.



Wellbeing Suffolk

Wellbeing Suffolk is a free service that aims to help people in Suffolk build on their resources to manage stress, anxiety and low mood as independently as possible.

If you are 16yrs and over you can access support by contacting [0300 123 1781](tel:03001231781) or by completing a self referral form available on their website

www.wellbeingsuffolk.co.uk

Ravenswood Telephone System:

Following comments and suggestions with regards to our telephone queuing system, the practice has increased the queue system to 50 calls. This will allow you to make a decision about whether to hang on the line for your call to be answered, or ring at another time if the call is of a routine nature.

The practice receives approximately 9500 calls each month. The reception team work hard to answer and deal with all calls as quickly as possible.

You can save yourself a telephone call and book a telephone consultation online if you are a registered Systmone online user. Please ensure all required information is included when booking a telephone consultation online.



Charity Event 2016:

This year a fantastic £1725.33 has been raised for Ravenswood's chosen charities: The East Anglian Air Ambulance and The Kerry Thorpe Trust. Once again a big thank you goes to Sue Rivers and her helpers at the practice for organising all the charity events, with thanks also to everyone who has supported the events and contributed throughout the year.



SUFFOLK FAMILY CARERS

Suffolk ●●●
Family Carers
Living Fuller Lives

Are you a family Carer? Suffolk Family Carers are running a number of courses throughout January, February and March.

- Caring with confidence Course – This is an information programme providing information, guidance and support on a range of related topics.
- Caring for Dementia with confidence – This programme is specifically for those caring for someone living with Dementia or memory Loss.

To find out more details on the courses available or to book a place contact Louise Crisp Tel: 01473 835446 or visit the Suffolk family carers website.

www.suffolkfamilycarers.org

Practice Closure Dates 2017

The practice will be closed for essential clinical training on the following dates from 1pm:



Thursday 9 February 2017
Thursday 23 March 2017
Wednesday 26 April 2017
Thursday 18 May
Wednesday 7 June
Thursday 13 July
Thursday 7 September
Wednesday 4 October
Thursday 16 November
Wednesday 13 December

Contact NHS 111 if you need medical advice when the

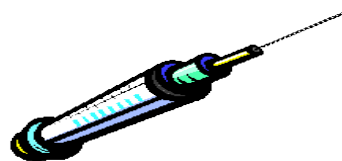
Choosing the Right Health Service:

Choosing the right NHS services helps patients get the right care in the shortest time possible. Choosing well also helps to ensure that ambulance and emergency services are able to care for the most seriously ill. **Remember that 999 and A&E services are only for serious life threatening emergencies.**

If you need medical help (not life-threatening) when the practice is closed, you should call NHS 111

SHINGLES VACCINATION

About one in five people who have had chickenpox develop shingles. This means that every year in England and Wales, tens of thousands of people will get shingles. It is more common in people aged over 70 years, and of these, about 14,000 go on to develop Post -Herpetic Neuralgia (PHN) and over 1400 are admitted to hospital because of it. There is now a vaccine that helps reduce your risk of getting shingles and reduces the severity of symptoms if you develop the disease. **The vaccine is available to people aged 70, 71, 72, 73, 78, and 79 as at 1st September 2016.** If you have not had the shingles vaccination and are in one of the eligible ages please contact the practice to book an appointment with the Practice Nurse. If you are eligible and do not wish to take up the offer of the vaccination please let the practice know so your records can be updated.



The next PPG meeting will be held on Wednesday 1st February 2017 at 6pm