



## **Welcome to the team!**

We welcome to the team our new Dementia Nurse Tom; Dementia Nurses create care plans and establish daily routines. Provide care with daily activities and self-care for patients that have significant cognitive impairment or deficits in motor functioning.

Assess patient safety and avoid risk of injury due to disorientation or confusion. Manage behaviour problems, anxiety, and anger. Encourage time for socialization with family and friends

Our new Physiotherapist Deepa, Physiotherapists consider the body, rather than just focusing on the individual aspects of an injury or illness. Some of the main approaches used by physiotherapists include education and advice, movement, tailored exercise and physical activity advice and manual therapy.

Our Care Co-ordinator Steph, helps to co-ordinate and navigate care across the health and care system, helping people to become more active in their own health and care and are skilled in assessing people's changing needs. They are effective in bringing together multidisciplinary teams to support people's complex care needs.

## **Social Media!**



Why not follow us on Instagram & Facebook to keep up to date with practice and community news. *Instagram:*

<https://www.instagram.com/yorkroadgrouppractice/?hl=en-gb>

*Facebook:* [https://en-](https://en-gb.facebook.com/YorkRdGP)

[gb.facebook.com/YorkRdGP](https://en-gb.facebook.com/YorkRdGP)



## **Patient Participation Group – Join Us!**

We are looking for patients who would like to join our Patient Participation Group. A Patient Participation Group (PPG) is a group of people who are patients of the surgery and want to help it work as well as it can for patients, Doctors and staff.

Your experiences matter and you can bring different ideas to the Practice to help us treat patients better or to improve what we do in some way.

We will be starting the PPG back up in the New Year, if you are interested in joining us put your name down with our Care Co-ordinator Steph and she will be in contact with you.



**We are now an Armed Forces Veteran friendly accredited GP practice**




**Kooth is a free online service offering emotional and mental health support for children and young people**

[www.kooth.com](http://www.kooth.com)

## Stay Well, Warm and Safe This Winter

This website helps you around the cost of living especially with energy prices over the winter [www.cheshirewestandchester.gov.uk/resident/s/housing-benefit-council-tax/cost-of-living-support](http://www.cheshirewestandchester.gov.uk/resident/s/housing-benefit-council-tax/cost-of-living-support)

Keep active indoors try not to sit down for more than 1 hour and wear lots of thin layers of clothes. By keeping active as well you will increase positive mental health. You could try something you enjoy, gentle yoga, a nice walk,



dancing, getting out in the garden.

Stocking up on medication like paracetamol, Ibuprofen, plasters, cold and flu tablets, Calpol and Nurofen for children and a thermometer. You can buy all these medications over the counter.




### Important Prescription Notice

It takes two working days to process your repeat prescription

The last day to order a prescription to be collected before Christmas is Wednesday 21st December 2022


Prescriptions ordered on Friday 23rd December will not be ready until Thursday 29th December 2022

Prescriptions ordered on Friday 30th December will not be ready until Wednesday 5th January 2023



## Change of Details

It is very important that you keep your address and phone details up to date with us. You can now change your details via a form on our website.



### catch

Common Approach To Children's Health

CATCH is a free NHS health app for parents and carers of children from pregnancy to age 5.

The NHS Network England NHS Innovation Accelerator

GET IT ON Google Play | Download on the App Store

## Use the Right Service



 <p><b>Self Care</b> Care for yourself at home</p> <p>Minor cuts &amp; grazes Minor bruises Minor sprains Coughs and colds</p>	 <p><b>Pharmacy</b> Local expert advice</p> <p>Minor illnesses Headaches Stomach upsets Bites &amp; stings</p>	 <p><b>NHS 111</b> Non-emergency help</p> <p>Feeling unwell? Unsure? Anxious? Need help?</p>	 <p><b>GP Advice</b> Out of hours: Call 111</p> <p>Persistent symptoms Chronic pain Long term conditions New prescriptions</p>	 <p><b>UTCs</b> Urgent Treatment Centres</p> <p>Breaks &amp; sprains X-rays Cuts &amp; grazes Fever &amp; rashes</p>	 <p><b>A&amp;E or 999</b> For emergencies only</p> <p>Choking Chest pain Blacking out Serious blood loss</p>
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