

2024

# STICKNEY SURGERY

Winter Newsletter



## Stickney Surgery

**Our Patients Are Our Practice**

Dear Patients,

As winter settles in, we want to keep you updated with important health tips, services, and changes at the practice to ensure you stay healthy and well during the colder months. Here's what you need to know!

 like us



Instagram

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01205 480237  
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# Christmas Opening Hours



**Christmas Eve - 08:00 AM - 18:30 PM**

**Christmas Day & Boxing Day - CLOSED**

**New Year's Eve - 08:00 AM - 18:30 PM**

**New Years Day - CLOSED**

If you require medication over the holidays, please plan ahead to ensure you have enough stock.

Here are the delivery dates to for those who have their medication delivered:

**Monday Deliveries - as normal**

**Wednesday Deliveries -**

25th December will be delivered on 24th December

1st January will be delivered on 31st December

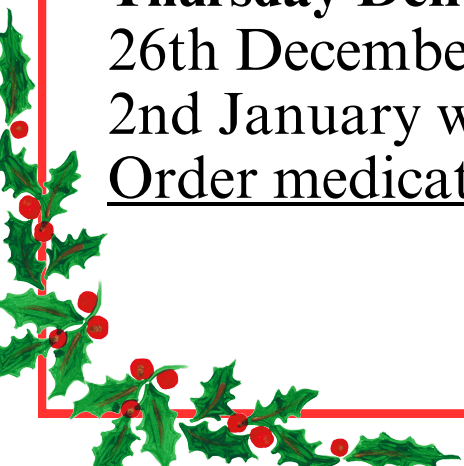
Order any additional medications as normal

**Thursday Deliveries -**

26th December will be delivered on 27th December

2nd January will be delivered on 3rd January.

Order medication the week before as normal



# Winter Health Tips



Winter brings a range of health challenges, and we're here to help. Here are a few tips to help you stay healthy:

- **Stay Warm:** Make sure you dress in layers, keep your home warm, and avoid getting too cold.
- **Flu Vaccinations:** Flu season is here. If you're eligible for a flu vaccination, please book an appointment with us. Vaccination is key in protecting yourself and others from flu.
- **Stay Active:** Even in colder weather, regular activity helps maintain your physical and mental health. Consider indoor activities like walking or yoga.
- **Drink Plenty of Fluids:** Dehydration can occur even in winter. Ensure you are drinking enough water throughout the day.



## Book Your Flu Vaccination:

Flu season is in full swing, and we encourage those who are eligible to get their flu vaccine.

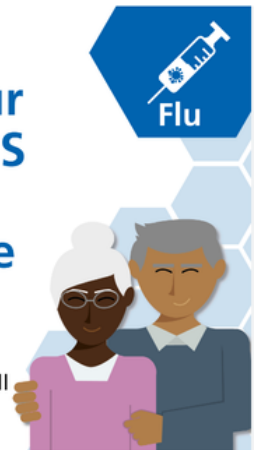
This includes:

- People aged 65 and over
- Pregnant women
- Children aged 2-3 years
- People with long-term conditions such as diabetes or asthma

**NHS**

**Get your  
free NHS  
flu jab  
if you're  
eligible**

Do all you can to  
keep yourself well  
during winter.



If your child is eligible, please contact us to arrange an appointment for the flu vaccination. If your child is in school, they may also receive the flu vaccine through their school's immunisation program.

If you are eligible, please contact us to schedule your flu vaccination.

# Cold Weather and Emergency Care

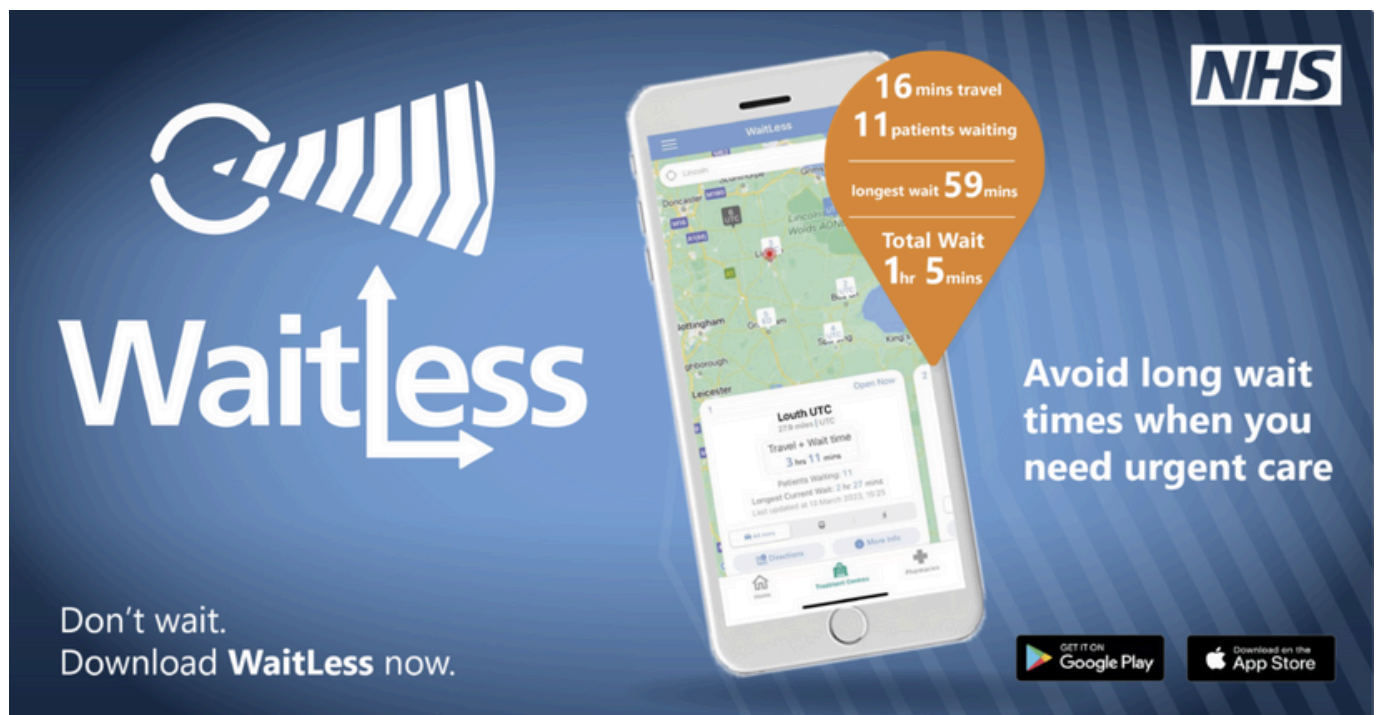
During the colder months, conditions such as colds, coughs, and chest infections are more common. If you are feeling unwell, try self-care measures first, or speak to a pharmacist. However, if symptoms worsen or don't improve, please don't hesitate to contact us for advice.

If you or someone you know is experiencing a medical emergency, call 999 or go to your nearest A&E. For non-urgent health concerns, you can reach out to us by calling our Patient Service Advisors.

The NHS is often under increased pressure during winter. We are committed to providing excellent care, but we need your help too. Please ensure you only use urgent care services when absolutely necessary, and consider contacting us for advice on minor issues.

For non-urgent concerns, visit your local pharmacy for advice or use NHS 111 online for immediate support.

**For an up-to date list of illness and injuries that your local UTC can help with, check the WaitLess App. You can also see live waiting times across local centres, meaning you can choose where to go so you wait less.**



The advertisement features a dark blue background with a stylized white logo on the left consisting of a 'C' and a series of vertical bars of increasing height, with the word 'WaitLess' below it. A white arrow points upwards from the 't' in 'WaitLess'. In the center is a smartphone displaying the WaitLess app interface, which shows a map of local Urgent Treatment Centres (UTCs) and a pop-up for 'Louth UTC' with the following details: 'Travel + Wait time 3 hr 11 mins', 'Patients Waiting: 11', 'Longest Current Wait: 2 hr 27 mins', and 'Last updated at 14 March 2023, 15:25'. To the right of the phone is an orange teardrop-shaped callout containing the text: '16 mins travel', '11 patients waiting', 'longest wait 59 mins', and 'Total Wait 1 hr 5 mins'. The NHS logo is in the top right corner. Below the phone, the text 'Avoid long wait times when you need urgent care' is displayed. At the bottom left, it says 'Don't wait. Download WaitLess now.' At the bottom right are the Google Play and App Store download buttons.

**WaitLess**

Don't wait.  
Download **WaitLess** now.

**NHS**

16 mins travel  
11 patients waiting  
longest wait 59 mins  
Total Wait  
1 hr 5 mins

Avoid long wait times when you need urgent care

GET IT ON  
Google Play

Download on the  
App Store

# Mental Health and Wellbeing

Winter can impact your mental well-being. It's common to feel a little down due to shorter days and colder weather. If you're struggling with your mental health, please reach out. We offer support through:

- Our mental health nurse Olly – call to book an appointment (16+)
- Mental health advice

Remember, it's okay to ask for help.

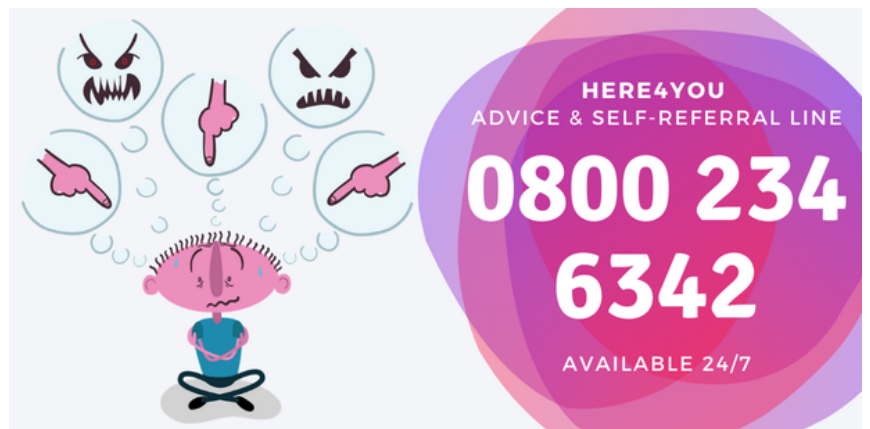
## Childrens Mental Health and Wellbeing

Healthy Minds Lincolnshire – 0800 234 6342

Healthy Minds Lincolnshire provide emotional wellbeing support for children and young people up to 19 years old. If you have a special educational need or disability or are a care leaver we can see you up to the age of 25.

Everyone at some point might find it hard to cope with how they are feeling or what is happening in their life. Healthy Minds Lincolnshire provides early support when you start to feel that life is getting out of control and you need some help to cope.

Our teams are made up of a variety of professionals. All staff are referred to as HML Practitioners and have a nursing, social work, counsellor, teaching, or mental health background.



You can call our Here4You Line on **0800 234 6342** to speak directly to one of our practitioners who will talk through how you are feeling, and explore if any of our services may be able to help. Please note the Here4You line is open for self-referrals between the hours of 9:00am-4.30pm- excluding bank holidays.



# Health Advice for Parents and Carers

## Did you know?

Your child can now be seen at the local pharmacy for assessment and a prescription where required, for the following ailments:

**Earache - aged 1-17 years**

**Impetigo (rash around nose/mouth - age 1+**

**Infected insect bites - age 1+**

**Sinusitis - age 12+**

**Sore throat - age 5+**

**UTI - age 16 - 64 years**

All of the above can be treated with prescribed medication like antibiotics, directly from your pharmacist, no need to contact the GP practice.

## NOROVIRUS - THE WINTER VOMITING BUG

Norovirus, also called the "winter vomiting bug", is a stomach bug that causes vomiting and diarrhoea. It can be very unpleasant, but usually goes away in about 2 days.

The main symptoms of norovirus are:

- feeling sick (nausea)
- diarrhoea
- being sick (vomiting)

You may also have:

- a high temperature
- a headache
- aching arms and legs
- 

The symptoms start suddenly within 1 to 2 days of being infected.

You can usually treat yourself, or child at home. The most important thing is to rest and have lots of fluid to avoid dehydration. You will usually start to feel better in 2-3 days.



**Stay off school or work until you have not been sick or had diarrhoea for at least 2 days. This is when you're most infectious.**

**Do not visit care settings during this time. Keep washing your hand regularly.**

## Hand, Foot and Mouth Disease

Hand, foot and mouth disease is a common childhood illness that can also affect adults. It usually gets better on its own in 7 to 10 days. To find out more, or to check the symptoms, please scan look on the NHS website for Hand, Foot and Mouth Disease, or scan the QR code -



# PREGNANCY AND POST NATAL

Don't forget to book your Whooping Cough vaccines from 16 weeks gestation. You can call us to book this. If you are worried about vaccines, please let us know so our nurses can answer any questions you may have.



Alternatively, If you would like more information on how to keep well in pregnancy scan the QR code or visit:  
[www.nhs.uk/pregnancy/keeping-well](http://www.nhs.uk/pregnancy/keeping-well)



There is no cure for whooping cough and it can be fatal to young babies who are old enough to start their vaccines. Vaccination in pregnancy helps to protect your baby from birth

## PANDAS



Postnatal depression (PND) is a common problem that occurs after pregnancy and affects more than 1 in 10 women within a year of giving birth. It can also affect dads and partners. PND can present itself in different ways, and many parents don't realise they have the condition because it can develop gradually over time.

PANDAS helpline is free and available everyday between 11am – 10pm. Contact on Whatsapp: 07903 508334 or by phone 0808 1961 776

*"The person I spoke to was fantastic. Very friendly and approachable and gave lots of useful information as well as generally just being great to chat things through with. Have made positive steps to get the help my wife needs on the back of the call. Thank you so much!"*

*A Dad – Aged 35*



## Better Births Lincolnshire

[www.betterbirthslincolnshire.co.uk](http://www.betterbirthslincolnshire.co.uk)

## DadPad®



The essential guide  
for new dads



[www.thedadpad.co.uk/app](http://www.thedadpad.co.uk/app)

Download free from any app store, enter postcode  
& select your local NHS Hospital Trust

# HAVE YOUR SAY

The practice has an active Patient Participation Group whose aim is to encourage health in the local community and to support the patients of this practice.

They also work with the practice on shaping the future of local medical services as part of the Government's planned reforms.

If you feel you would like to be involved either by giving some time to attend meetings or by being part of an email consultation group please contact the Practice Manager for more information.

Meetings are held at the surgery and all are welcome.

If you are happy for us to contact you occasionally by email please complete our PPG form online at [www.stickneysurgery.co.uk/patient-group/about-our-ppg](http://www.stickneysurgery.co.uk/patient-group/about-our-ppg)

**PICK UP A LEAFLET TODAY FROM THE SURGERY**



## POLITE REMINDER

Just a gentle reminder - please can we ask that you do not park in our patient car park for any other reason unless you are visiting the surgery.

We have recently been monitoring the carpark and we see a lot of people using it to drop off and pick up their children during school times.

We are continuing to monitor this.

Thank you for your co-operation,

Stickney Surgery