

## Keep Warm, Keep Well

### Top Tips for keeping warm and well for the over 60s

- **Keep Warm**-heat your home to at least 18 degrees. Keep your bedroom window closed on a winter's night. Breathing in cold air can increase the risk of chest infections.
- **Look after yourself**-layer your clothing whether you are indoors or outside. Wrap a scarf around your mouth to protect your lungs from the cold air. Wear shoes with a good grip if you need to go outside.
- **Check on others**-check on older neighbours or relatives to make sure they are safe and well. Make sure they're warm enough, especially at night, and have stocks of food and medicines. If you are worried about an older person contact a family member, the local council or call Age UK on 0800 00 99 66
- **Eat well**-eating regular meals will help keep your energy levels up during winter. Hot meals and drinks help keep you warm, so eat at least one hot meal a day and have plenty of hot drinks.
- **Stay Active**-if possible, try to move around at least once an hour. Keeping active generates heat and helps keep you warm.

## Do you have space in your home and your heart to become a foster carer?

We're

We're seeking local people to look after children who need support, stability, and a place to call home.

We offer:

Fantastic training and professional development opportunities

A competitive weekly fee and allowance

The chance to be part of a dedicated team

**0800 587 9900** For more details

## Do you need local, private, health treatments?

At East Quay Health we provide a range of private treatments at affordable prices, to include vasectomy and the removal of lumps and bumps

We provide full pre and post-operative information so you know exactly what to expect

**We also offer Private Counselling at East Quay**

For more details please contact Karen on 01278 440409 or look at our website

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

# Welcome to My Diabetes My Way

The NHS Somerset interactive diabetes website to help support people who have diabetes and their family and friends.

You'll find leaflets, videos, educational tools and games containing information about diabetes. You can now also use this website to view your own up-to-date diabetes clinic results, to help you manage your condition more effectively.

Log on at <http://somerset.mydiabetes.com> and register today

## General practice is changing!

*Here is some information to help you get the best out of it.*

- Hospital doctors who arrange your tests, scans and follow-ups are now responsible for getting your results to you. So do ring the hospital, rather than the practice, if you have any questions about these.
- To get the best out of the new team your GP has asked our staff to take brief details of your problem and to guide you to the most appropriate member of our professional healthcare team as this may no longer be your GP. So, please don't be surprised or offended if we ask you a few questions when you get in touch to help make this happen. Everything you say is private and the receptionist is only trying to make sure you get the right care.

### Sedgemoor Health Walks

A Health walk is a brisk walk done on a regular basis for well-being. It can help you to feel good, to have more energy, to sleep better and to manage your weight.

**All walks are free of charge.**

We are starting a walk from here once a month. If you are interested in joining us please come along at **12noon on Thursday 16<sup>th</sup> November, meeting in reception.**

**If you need more information please ask for Sue Hughes at reception**

### Christmas and New Year Opening At East Quay

Friday 22<sup>nd</sup> December-Open as usual

Monday 25<sup>th</sup> December-Closed

Tuesday 26<sup>th</sup> December-Closed

Monday 1<sup>st</sup> January-Closed

Please don't forget to order your repeat prescriptions to cover this period. The last order date for repeat prescriptions is Friday 15<sup>th</sup> December

Reception: 444666

Prescriptions: 446006

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

Onsite Opticians : 440440 Onsite Pharmacy: 423015 Onsite Dentist: 411141