



Royal Crescent Surgery Newsletter

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Stay Healthy This Winter

It may be cold outside, but winter needn't be the unhealthiest time of year for you. Even when your body is telling you to hibernate, you can keep healthy and fit.

Banish winter tiredness

Many people feel tired and sluggish during winter. This is due to lack of sunlight, which disrupts our sleep and wake cycles.

Try to get outdoors in natural daylight as much as possible.

Eat more fruit and veg

When it's cold and dark outside, it can be tempting to fill up on comfort food.

However, it's important to ensure you still have a healthy diet and include plenty of fruit and veg a day. Pop some winter vegetables into a stew or soup for a healthy comforting meal.

Drink more milk

You are more likely to get a cold in winter, so make sure your immune system is in tip-top condition. Milk and dairy products are great sources of protein, vitamins A and B12 and calcium, which helps to keep our bones strong

Get plenty of fresh air and exercise

Don't use the cold winter months as an excuse to stay in and lounge around. Get out for a bracing winter walk along the beach or park. See nature's beauty in the changing colours of the seasons. Regular exercise helps control your weight, boost your immune system and keeps the winter blues at bay.

Have a hearty breakfast

Winter is the perfect season for porridge. Eating a warm bowlful on a cold morning is a delicious way to start your day; it helps boost your intake of vital vitamins, minerals and fibre.

Stay Happy and Healthy this Winter

NHS CHOICES NOW NHS WEBSITE

As part of a programme of work by NHS Digital to improve its services, the NHS choices website will now be referred to as **THE NHS WEBSITE**.

The website is full of advice, health news, services and care and support.

You can search on a health problem from A-Z find out what is behind the headlines, and science that makes the news.

You can find out different services ratings, and rate your own surgery, view comments from patients and leave a comment.

Visit www.nhs.uk for further information.

Long Term Condition Annual Reviews

All patients with a Long Term Condition, i.e. Asthma, Diabetes, Heart Disease, COPD, Hypertension should have an annual review.

Patients are given an 'Annual Review Month' to have their condition reviewed. This is to ensure you are on the correct medication, and that your condition has not deteriorated warranting further investigation or medicines. If you know your annual review is due, you do not need to wait to be invited, please contact the surgery to book your appointment.

Spotting the Signs of Neglect

Neglect is the most common form of child abuse. It means failing to meet a child's most basic needs, including food, clothing, shelter, love, education and health care.

Neglected children may be left hungry or dirty, without adequate clothing, living in a home that is dirty or unsafe, they may be withdrawn, angry, aggressive or self-harming and failing to receive basic health or dental care.

If you think a child might be experiencing neglect, you can contact the **NSPCC** helpline anonymously on **0808 800 5000**, or **Dorset Children's services** on **01202 228866** or the **police 101**.

Vulnerable Adults

Vulnerable adults can also be at risk as they depend on other people for their care. They may be older, frail and unable to protect themselves. They may have a physical or learning disability, or a long term illness.

Abuse could be in the form of hitting, restraining, threatening or humiliating. It could be in the form of neglect such as not receiving correct medicine, enough food or adequate housing. It could be financial abuse such as stealing, misusing money or property, pressure about a will or inheritance.

If you are worried about a vulnerable adult call the **Adult Access Team** on **01305 221016** or if it's outside of normal office hours call **01305 858250**.

Don't be the person who leaves it to someone else - It's not an option to do nothing!

The SURGERY will be **CLOSED**
Wed 23rd Jan
From 3.30pm for Staff Training

PPG Meeting
Tue 22 January
3-5pm
Please inform reception if you will be attending

Would you like an evening or weekend routine GP or nurse appointment?
GP and Nurse appointments are available at Weymouth Hospital outside of normal GP surgery hours.
Just ask a receptionist to book one of these appointments.

Weymouth Urgent Care Centre (UCC)
Weymouth Community Hospital
Open every day 8am-8pm

(last patient to arrive before 7.30)pm

Expert Clinicians on hand to deal with minor ailments and injuries, including broken bones, cuts, sprains, burns, bites and wound infections.

Please consider the UCC to ease the

For medical emergencies call 999
For medical advice call 111