

QUARTERLY
NEWSLETTER
FROM YOUR
PRACTICE

BGP News

WINTER 2019

November & December

Looking after yourself.

It's the gift Santa can't give you!

Rest Up—it's ok to say no to things if you're needing a break!

Eat Well—remember your 5 a day & control your portion sizes

Stay Hydrated—plenty of water and soft drinks are essential

Keep Warm—make sure you wrap up whether inside or out

Be Active—it keeps you warm and keeps you fit

Keep Talking— your mental health matters

Remember Joy—thinking of happy things can brighten your mood

IN THIS ISSUE

Don't let flu spoil your Christmas

Christmas carol service

Loneliness in older people

Staff news

OPENING HOURS

24th December: Winnersh & Chalfont closed from 12:30

Brookside open as usual

25th & 26th December: CLOSED

27th, 30th & 31st December: Open as usual

Don't let flu give you the blues

If you are in an at-risk group, or over 65 years old we strongly recommend that you arrange to have your free NHS flu jab to protect yourself and those around you from the virus. Flu is not just a heavy cold and can be far more severe in certain people. We are running flu clinics at all sites to make it as convenient as possible for you.

Managing your medication

Over the festive period it's advisable to stock up your medicine cabinet so you have something to hand to help should you need it. Indigestion tablets, pain relief, plasters and antiseptic are all useful. Please also ensure you plan ahead and get your **repeat medication ordered by Friday 20th December** to ensure you have it before Christmas and new Year.

Join us for our Christmas
Carol Service
Everyone is welcome!

CHRISTMAS – THE GREATEST JOURNEY

Tuesday 10th December at Brookside Church
A warm welcome & refreshments from 7pm
Service starts at 7:30pm
We would love to see you there.



Goodbye to Dr Chevassut

After 21 fantastically happy years as a partner at Brookside Group Practice, the time for my retirement is fast approaching! I shall finish on 31st December this year, just after my 65th birthday. It is with enormous sadness that I shall be leaving the practice. The Brookside staff and patients have become my close family, and I shall miss you all! I feel so privileged to have worked here, with such an amazing, dedicated, and brilliant team of people. I could never have hoped to work in a happier place!



With my heartfelt thanks, and warmest wishes, to all the staff and patients of the practice.

Cleve

Welcome to Dr Aamir Ansari

I'm Dr Ansari and I have recently moved to Brookside Group Practice having previously worked at Swallowfield.

Prior to this I spent quite a long time in various A&E departments. I love my three children dearly and spend my free time either breaking things so I can rebuild them, training or bouldering. I've recently had my first guitar lesson in the hope that I will soon play like the ghost of Cobain but in reality will probably trigger a hike in ear defender sales!



Living with loneliness

Loneliness and social isolation is a painful reality for many older people these days. New research from Age UK shows that nearly a million older people feel lonelier at Christmas time, two fifths of whom have been widowed. Many reported that Christmas is 'just another day' and passes them by unnoticed. According to Age UK, more than 2 million people in England over the age of 75 live alone and more than a million older people say they go for over a month without speaking to a friend, neighbour or family member.

People can become socially isolated for a variety of reasons, such as getting older or weaker, no longer being the hub of their family, leaving the workplace, the deaths of spouses and friends, or through disability or illness. Loneliness left unaddressed can have a serious effect on health such as heart problems, strokes and mental health issues.

The Link Visiting Scheme is a charity which operates locally and aims to offer friendship and support to anyone who is isolated or lonely and who would benefit from having a regular visitor. If you, or someone you know, would like to find out more, call **0118 979 8019**, or visit linkvisiting.org.

Dr Sharma received an award

The award ceremony was on 9th October at the National Association of Primary Care Annual Conference in Birmingham. The awards celebrate high standards of care, dedication, integration and innovation – recognising brilliant people, teams and organisations who have gone the extra mile to provide improved patient care for their communities.



We want to wish all our patients a happy and healthy Christmas Season.

From your team at Brookside Group Practice

PRACTICE INFORMATION

Opening Hours:

Brookside: Mon - Fri 8am - 6.30pm
Chalfont: Mon - Fri 8.30am - 5.30pm
Winnersh: Mon - Wed & Fri 8.30am - 12.30 & 2 - 5pm
Thurs 8.30am - 12.30pm (closed pm)

Surgery Switchboard: Mon - Fri 8am - 6.30pm

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