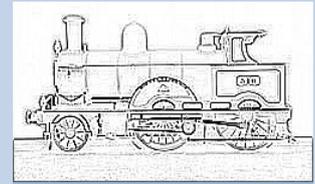


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## Happy Holidays

From all the Doctors and staff here at Cotmanhay, Kirk Hallam and Old Station Surgery, we would like to wish you all happy holidays and a healthy and prosperous year to come.



### Contents:

1. Flu Vaccinations
2. Covid Vaccinations
3. Online Triage
4. Social Prescribing
5. Looking after yourself in winter

### Surgery Closures

All of our surgeries will also be closed on the following days throughout the Winter holidays period:

- **Friday 25th Dec**
- **Monday 28th Dec**

**We will also be closing earlier at 4.30 on Christmas and New Year Eve.**

Please ensure you have ordered and collected any necessary prescriptions before closure, remembering to allow 48 hours from the time of your request.

### Flu Vaccinations

Just a reminder that we still have flu vaccinations and appointments available!

If you still not had you jab, please don't delay and book as soon as possible as these are now offered on a first come first serve basis and once the stock is gone it's gone!.

**Support the NHS by having your vaccination done at your local GP surgery. Book your appointment now by calling us on: 0115 9301105**



### Covid 19 Vaccinations

We are now contacting patients eligible in the first and second cohort for the Covid 19 vaccine. If you are eligible for this cohort your Practice will contact you to book an appointment for your vaccine.

The vaccinations will take place at Long Eaton Health Centre, Midland Street, Long Eaton, Nottingham, NG10 1RY. Please remember to wear a face mask to your appointment, and please arrive on time, not early, so we can keep you safe and avoid queues or crowds.

For more information, please visit our website [www.oldstationsurgery.co.uk](http://www.oldstationsurgery.co.uk)

### Online Triage - Engage Consult

Are you fed up of waiting for the appointment line to be answered? Why not try using Engage consult to send us your medical query.

Visit our practice website at: [www.oldstationsurgery.co.uk](http://www.oldstationsurgery.co.uk) for more information



## Staff changes:

**Sam** joined our nursing team in October. She is experienced nurse with chronic disease management experience . She is based across all 3 sites.

**Dr Fernando** joined our team initially on a locum basis but from January will become permanent member of our team. She works on Mondays .

**Dr Mogga** has now left to enjoy her maternity leave following birth of her gorgeous little girl.

**Zoe** , PN ,has recently left our team . **Alannah** , PN and **Sue Moore**, ANP will be leaving us at the end of December and we would like to wish all 3 ladies , all the best for the future!

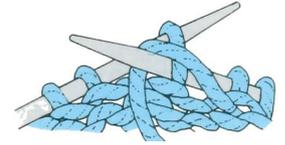
## Have Your Say

We are always looking to improve our services and need your feedback to do so. This can be done:

- In Surgery
- Via SMS Message
- On our website

## Social Prescribing

Many things affect your health and wellbeing. GPs tell us that a lot of people visit them feeling isolated or lonely. Or they might be stressed out by work, money and housing problems. Sometimes it's the stress of managing different long-term conditions.



That's where social prescribing comes in. It starts with a conversation. It might be the conversation you've just had with your doctor. Or with another person in the practice team. They will refer you to a social prescribing link worker.

The social prescribing link worker is there to listen to you, and put you in touch with the people and activities that might help you to feel better.

**If you feel you would benefit from talking to a social prescriber , please contact our receptionist who will be happy to organise that for you.**

## Looking after yourself in Winter

Ensuring you are achieving adequate nutritional and vitamin intake is important all year round but there are a few supplements that are particularly important to stock up on during the winter season

**Vitamin D-** Advice on vitamin D from Public Health England (PHE), says that adults and children over the age of one should have 10 micrograms (mcg) of vitamin D every day, which equates to 400IU. As these levels are difficult to achieve through diet alone experts recommend that everyone consider vitamin D supplements.; these can be purchased over the counter at your local pharmacy.

**Vitamin B-** The B vitamins are a group of 8 vitamins sometimes called the "anti-stress vitamins" since they're essential for combating the effects of stress. They are used to create the feel-good neurotransmitters responsible for maintaining a positive mood as well as being critical for a healthy nervous system. The role of vitamin B12 in particular, could help us during the colder months as it has been shown to help those suffering from feelings of anxiety or depression. This is particularly important during winter when people are more at risk of feelings of depression, winter blues or seasonal affective disorder (SAD).

If you would like to find out more about vital vitamins and minerals, please visit NHS website at: <https://www.nhs.uk/conditions/vitamins-and-minerals/> or speak to your local pharmacist.

