



WINTER 23

Opening Times

Monday 08:00-18:00
Tuesday 08:00-18:00
Wednesday 08:00-19:30
Thursday 08:00-18:00
Friday 08:00-18:00
Saturday 09:00-12:00

The main surgery line 01275
332420 is open and answered.
Mon-Fri 08:00-18:00

Out of hours ring 111

Christmas Opening Times

Mon	25 th Dec	Closed
Tues	26 th Dec	Closed
Wed	27 th Dec	08:00-19:30
Thurs	28 th Dec	08:00-18:00
Fri	29 th Dec	08:00-18:00
Sat	30 th Dec	09:00-12:00
Mon	1 st Jan	Closed
Tues	2 nd Jan	08.00 – 18.00

'Tis the season for viral illnesses!

Here are our top tips for managing a viral bug at home.

Coughs can be awful and debilitating especially at night. Night nurse is a really effective cough suppressant and contains paracetamol and an antihistamine which can make you sleepy to help you get some extra rest just when it is needed.



Nasal congestion is another horrible symptom which can lead to interrupted sleep. A decongestant nasal spray such as Sudafed or Sinex can work wonders to get your nasal passages clear.

For sore throats Difflam spray is magic - it contains a local anaesthetic to numb the area directly and is really effective.

Fevers and chills are best managed with paracetamol or 'cold and flu' preparations which contain paracetamol, decongestants and sometimes caffeine.

Most coughs and colds can be managed at home with rest, over the counter medications and time. If you are experiencing chest pain, breathlessness, a cough lasting more than 3 weeks or if you have asthma or an impaired immune system, please do contact us for a review.



Are you entitled to free prescriptions?

Some patients are entitled to free prescriptions based on several different things. These exemptions can come through age, benefits, tax credits, being pregnant or having a baby in the last 12 months, certain medical conditions, low income, receiving a war pension scheme or armed forces compensation scheme.

For a full list of entitled medical conditions please see the NHS website

www.nhsbsa.nhs.uk/check or our practice website


**Carers'
Centre**
Keynsham Carer Café

Thu 14 Dec 2023 at 14:00 PM

Location: The Chocolate Quarter, Trajectus Way, KEYNSHAM, BRISTOL, BS31 2GJ

To register your interest visit <https://banescarerscentre.org.uk/>

Please protect against Flu!

We still have Flu vaccines available, anyone aged 65+years or are considered at risk and still due their vaccine Please call reception 01275 332420 to make an appointment.



Self help

Our team, like so many other healthcare providers at present, is currently facing significant demand. We are doing our utmost to continue to provide the best service for all our patients with patient and staff safety being our top priority. Our phone lines are extremely busy, and our receptionists are doing the best they can – please be kind.

Before calling the surgery, you may want to consider using one of these self-help contacts:

Minor injuries unit Paulton – 8:00 – 20:00 (Last patient entry 19:00)

- Bites – human, animal
- Sprains, strains, cuts and grazes
- Arm, lower leg, and foot injuries
- Minor burns and scalds
- Minor head injuries
- Broken noses and nosebleeds
- Eye problems such as scratches, foreign bodies in the eyes



NHS Choices - www.nhs.uk

The NHS APP

- Order repeat prescriptions.
- View results.
- View your GP health record securely.
- Get health advice using the [health A-Z on the NHS website](#)
- Find out what to do when in need of help urgently using [NHS 111 online](#)

Talking Therapies - Tel - [01225 675150](tel:01225675150) – Support with common mental health problems E.g., Stress, anxiety, and depression.

www.communitywellbeinghub.co.uk - Committed to providing services that support health and wellbeing needs
To Get In Touch, Call us on **0300 247 0050** or Email: BATHNES.thehub@hrcrgcaregroup.com
The Community Wellbeing Hub is open from - **Monday to Friday from 9 am until 5 pm. Closed bank holidays.**

NEW TEAM MEMBERS

We are pleased to welcome:

Eve Grosvenor – Eve is our Care Co-ordinator, she can offer any nonclinical support for example, signposting you to groups/activities, helping you to register as a carer or offering a friendly phone call for that little bit of extra support.

Would you like to receive this newsletter by email?

If you would like to receive a copy of all our newsletters via email, please go to chewmedicalpractice.co.uk scroll down to the bottom of the home page and click on the 'Sign up for your newsletter' button'. Newsletters are also posted on our website.



For healthcare updates and public meeting information follow 'Bath and Northeast Somerset CCG' on Facebook