



Lodge Life Winter 2017

Data Sharing – Tell Us

Did you know that you are in control of who has access to your health record? To help you understand what this means and help you make a decision about sharing your health record, please read the Data Sharing leaflet which is available in the waiting rooms, from Reception and on our website.

Your health record contains clinical information about the care you receive from any NHS service. Your health record is held by your GP practice on a secure computer system called TPP SystemOne and can be accessed by a range of NHS and associated care services **but only if you give explicit consent for this to happen**. Explicit consent is when you agree, in writing, to enable your GP surgery to share your health record with other NHS and associated care services. There are safeguards in place to make sure only services you have allowed to view your records can do so.

Once you have read the leaflet, complete and return the form to let us know how you want your health record to be shared.

Healthier Together

www.what0-18.nhs.uk

Healthier Together has resources aimed at Parents and Carers as well as Healthcare Professionals. It offers advice and information from pregnancy through childhood to teenage years including weaning, illnesses, medication, keeping your child safe and well plus tips for dealing with challenging behaviour and a child who is struggling emotionally.

It has very useful guidance on when to send a child back to school after illness.

It is also available as an app so download it to your smart phone or tablet for advice at your fingertips.



Did You Know?

Since April our clinical staff has had contact either in person or by phone with **750-1000** patients every week!



Flu Vaccination

Appointments Booking Now!

If you are eligible for a flu vaccination then please book your appointment soon as clinics are being held now.

The “At Risk” groups are:

- Patients aged 65 and over
- Patients aged under 4 years on 31.08.16
- Patients aged 5 to 64 years in clinical risk groups
- Pregnant Women
- Carers

Antibiotics for a Cold?

If a cold is making you feel under the weather, antibiotics are not going to help.



The best way to treat colds, coughs or sore throats is to drink plenty of fluids and rest. Colds can last about two weeks and may end with a cough bringing up phlegm. There are many over the counter remedies to ease the symptoms so **ask the pharmacist** for advice.

Young People Relate Counselling Service

Are you feeling unhappy, worried or concerned about something at home, school or with friends? Don't know who to talk to?

Relate has experience in working with young people of all abilities, ethnicity and sexual orientation. Our service is confidential and non-judgemental. We offer a safe place with someone who is trained and experienced in working with your issues. Counselling can help you find new ways to deal with problems and support you through difficult times.

Counselling aims to:

- Help you to understand and look at problems in a different way
- Help you to talk about your feelings more easily
- Help you to make positive changes for the future

If you would like a referral to this in-house counselling service please make an appointment with your GP. The Relate Appointments Co-ordinator will then contact you to explain what happens next and answer any queries or concerns you may have. If you want to talk to Relate at any time contact them on **0300 003 1781** Monday to Friday or by email: cypappointments@relatamidwiltshire.co.uk

Winter Self Care Tips

S See your pharmacist at the first sign of illness – they are not just medicine experts, they can offer advice and information on a range of minor illnesses and injuries.

E Eat plenty of fruit and vegetables – try for five a day.

L Learn more about round the clock healthcare services in Wiltshire at www.wiltshireccg.nhs.uk

F Find out if you're eligible for a free flu vaccine – includes those who have a long term condition, are a carer, are over 65 or are pregnant. Nasal vaccines are available for 2-8 year olds.

C Check in on elderly neighbours – winter can be dangerous, help them keep warm and safe.

A Arrange to pick up your prescription – don't run out when the surgery is closed over the festive period.

R Restock your medicine cabinet – be prepared with painkillers, indigestion treatments and a first aid kit.

E Ensure you stay warm – keep your home heated and have at least one hot meal a day.

Visit www.wiltshireccg.nhs.uk for more advice.

Help your Neighbours in Winter

Check on older neighbours to make sure they're safe and well. Make sure they are warm enough, especially at night, and have stocks of food and medicines so they don't need to go out during very cold weather.

Call round and make them a hot drink, encourage them to wrap up in layers of warm clothing and keep their heating on so that living rooms are at least 18 degrees and bedrooms are 21 degrees. Encourage them to have at least one hot meal every day.

If you're worried about a relative or elderly neighbour call the Age UK Helpline on 0800 00 99 66.

Long Term Health Conditions

Living with a long term health condition can be worrying, frustrating and stressful. Wiltshire IAPT Service offer a wellbeing service where you can learn tools and techniques to help you manage your emotional wellbeing and maximise your physical health. They offer:

- Online therapy
- Group sessions
- 1:1 sessions with a practitioner

They also work with other health care providers (eg GPs) to ensure you have 'joined-up care'. If you would like to book a place on a course or an appointment with a practitioner please call 01380-731335 or visit their website: <https://iapt-wilts.awp.nhs.uk>

The service is available to over 16s who are registered with a Wiltshire GP.