



Welcome

We share a monthly patient newsletter to keep you up to date with what is happening here at Tower House, and to raise awareness of health and wellbeing issues.

Please send any feedback or things you would like to see to:
administration.ths@nhs.net

To stop receiving texts about the newsletter, simply reply 'opt out'. Note that this will prevent all future texts about appointment reminders and vaccination messages too because our system can't separate different message types for opt-out.

Winter Struggles

With the withdrawal of the winter fuel allowance, you may be feeling extra financial pressure when it comes to keeping warm this winter. If you're in receipt of a means-tested benefit, you can still receive the winter fuel payment. But if you're not, or even if you'd just like to save some money while warming up, have a look at these cost-effective tips to warm you up during the cold winter months.

If you have health or mobility issues, it can be very difficult to get out and about to see people. Loneliness can take its toll on their mental health. No one deserves the sadness of feeling lonely. Find support here: <https://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/winter-fuel-payment/>

<https://www.redcross.org.uk/stories/health-and-social-care/health/tips-on-keeping-warm-this-winter>

<https://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/winter-fuel-payment/>

(If you know of any local groups, or have resources at your practice, add the links to this post in place of the national helpline.)

Stay well in winter

Winter conditions can be bad for our health, aggravating any existing health problems, making us more vulnerable to respiratory winter illnesses. It's not just your physical health that can suffer during cold weather, it's important to think about your mental health too. Lack of sunlight, miserable weather and the cost of living can put a strain on our wellbeing. Have a look at these tips on practising self-care this winter.

<https://www.andovermind.org.uk/5-top-tips-to-take-care-of-your-wellbeing-this-winter/>

<https://www.england.nhs.uk/long-rea...well-this-winter-transcript-of-audio-version/>

Team Spotlight

We have a diverse and multiskilled team of over 30 clinical and non-clinical members that care for our 10.000 patients and ensure the smooth running of your surgery.

This Month we would like to celebrate our Nurses.

Hayley & Stephanie are exceptional in their role as Practice Nurses. Winter brings many pressures for all medical staff, but with our Nursing team at the forefront of Physical care such as Vaccination and immunisation programmes they work tirelessly to ensure the very best care is provided.



Prenatal Infection Prevention Month helps to promote awareness of infections transmitted from mother to baby. When you're pregnant, it's important to minimise the risk of becoming ill. In some cases, infections can transfer to your unborn baby, causing serious risks, so it's a good idea to take some extra precautions to keep you and your baby safe.

Here are a few useful tips to follow:

- Book your prenatal appointments
- Keep up to date with immunisations
- Practice good hygiene such as hand washing
- Eat a healthy diet
- Avoid environmental hazards such as cigarette smoke

<https://www.nhs.uk/pregnancy/keeping-well/infections-that-may-affect-your-baby/>

<https://www.nhsinform.scot/ready-st...our-baby/how-to-prevent-illness-in-pregnancy/>

Pharmacy treatments

The seven types of case that can be seen by pharmacies in the NHS Pharmacy First service



Clinical pathway	Age range
Acute otitis media*	1 - 17 years
Impetigo	1 year+
Infected insect bites	1 year+
Shingles	18 years+
Sinusitis	12 years+
Sore throat	5 years+
Urinary tract infections**	Women 16 - 64 years

*Also known as ear infection

**Uncomplicated cases only

Children's Mental Health Week, 5th–11th February

The theme of this year's Children's Mental Health Week is 'Know Yourself, Grow Yourself', which is about encouraging children and young people across the UK to embrace self-discovery and growth. As parents, you can encourage your children to prioritise their wellbeing with these ideas:

- Keeping a journal about their feelings
- Going on a reflective walk, mindful colouring or a creative activity
- Being visual using flashcards or drawings to help express emotions
- Practising mindfulness
- Communicating
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<https://www.nhs.uk/mental-health/ch...h-support/supporting-a-child-or-young-person/>