



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.

New year, new challenges

Thinking of changing your lifestyle for the new year? Whether you're trying to exercise more, improve your diet or give up a habit, support can make the difference between success and lapsing into old ways. Choose a support link, based on what you're focusing on:

<https://www.nhs.uk/better-health/quit-smoking/>

<https://www.nhs.uk/better-health/get-active/>

<https://www.nhs.uk/better-health/lose-weight/>

Cold weather challenges

Prolonged exposure to cold temperatures can cause long-term health problems for vulnerable people. There's a higher risk of stroke, respiratory infection and falls, alongside the mental health impacts of being in a cold home.

Warm Welcome Spaces are inclusive, heated, offer hot drinks and are free to visit. Not only are they warm, friendly places to visit, but they're great places to meet new people. Find your local Warm Space here: <https://www.warmwelcome.uk/find-a-space>

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 welcome 3 new receptionists to the team. Isla, Miriam & Thilax are currently undergoing their training. Please be patient with them while they get to grips with the procedure to help you.

Welcome to the team Isla, Miriam & Thilax.



Losing weight can be a struggle, but setting small goals can help you achieve and maintain your goals in the long term. Here are some useful tips to help keep you on track:

- Get active every day
- Aim to eat five portions of fruit and vegetables daily
- Cut down on sugar, fat and salt
- Read the coding on food labels – opt for green rather than red!

Book an appointment with our weight-loss team today via our online form/phone or download the free NHS plan here: <https://www.nhs.uk/better-health/lose-weight/>



You may have noticed that our patient toilet has been out of order for some time. This was due to a plumbing issue. Having had the situation investigated we now know that we have a

significant leak effecting our floor. As the sink in the Baby Change is linked to the same plumbing, we have had to block this off also.

Now that the issues have been identified we will be aiming to get them rectified as soon as possible.

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

Samaritans' Brew Monday, 20th January

'Brew Monday' highlights the importance of getting together and chatting. It's really important to make time for a cuppa and a catch-up! Listening to someone who's opening up about their worries and difficulties can help them to work through their problems and make them feel a little better.

If you're struggling, every day can be so difficult. The Samaritans are here whenever you need them; just call 116 123. If you do find you're having more bad days than good days, or you're feeling low, please do call for an appointment. We're here to support you. (INSERT BOOKING DETAILS – i.e., online, phone, etc.)