



Oakmeadow Surgery  
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Newsletter  
 December 2024



## Oakmeadow Surgery Social Prescriber Ian

I work with my colleagues in a non medical role at the surgery, connecting people with activities and services that improve their health and wellbeing. I allow time for people to talk and I actively listen to what matters to them. Co produce a personalised care plan giving choice and control for people to support their emotional needs including isolation, loneliness, anxiety , grief and depression.

Build strong community links with New Parks Community Hub, Binspired, The Brite Centre, LiveWell and many more services, refer people to physical activities, arts and culture, practical information and outdoor nature activities.

Stay connected searching for information and reaching out to new services to help with employment, education, welfare advice and housing support, attend community events, joint meeting with colleagues and social prescribers.

Raise the profile of social prescribing through emails, newsletters and meetings. keep up to date with personal development through online training and guidance from the National Academy of Social Prescribing and National Association of Link Workers.

In my spare time, I stay active swimming cycling and enjoy football cricket and connecting with family.

*Proud to be providing NHS services.*



### Pharmacy First Refer.

As some of you know we can now refer you to the pharmacy for minor illnesses.

These include

- Bites and stings
- Cold and Flu
- Congestion
- Ear issues
- Eye issues
- Sickness and diarrhoea
  - Thrush
  - Pain
  - Skin rashes
- Mouth and throat issues
  - Swelling

Please **remember** we are now using our online link.

The link :

[florey accurx.com/p/c82008](https://florey accurx.com/p/c82008)

If you are having any issues with using this link please come in to the surgery at 8am and we can talk you

We have a patient participation group— any patient can join this group and attend meetings to share your voice about procedures and changes at Oakmeadow. If you would like to join please let us know.



## Need a supply of oral contraception?

NHS

You can now arrange to get your first, or next supply directly from some of our local pharmacies in confidence.

Find your nearest participating pharmacy at <https://www.nhs.uk/service-search/pharmacy>

### Winter self care tips:

- ◆ **Prioritise sleep** to ensure you are getting enough rest to support your immune system and overall well being. Give your self time to recover after the holiday festive period.
- ◆ **Stay as active as you can** by engaging in regular physical activity to boost your mood and support overall health. This can be tricky in the cold but 500 steps extra a day is all you need!
- ◆ **Eat a balanced diet.** This doesn't have to be on Christmas! Just be mindful during the other winter months and consume nutritious foods like fruits, vegetables, whole grains and lean proteins. Ensure to keep hydrated.
- ◆ **Wash your hands** regularly with soap and warm water. Use hand sanitiser when needed to prevent the spread of germs.
- ◆ **Use a tissue** when sneezing/blowing your nose and throw it away straight after. Use hand sanitiser when needed to prevent the spread of germs.
- ◆ **Take care of your mental health.** Seek support if needed and don't hesitate to reach out for support. Our team at the surgery will send you details of local mental health support teams.