

COUNTRY PARK AND ENMORE PRACTICES

NEWSLETTER

WINTER 2017/18

HAPPY NEW YEAR

Welcome to the Winter Edition of our Newsletter. We hope you find it useful and interesting. Please let us know if there are any items you would like included, and this will be considered.

VERY COLD WEATHER

Tips to keep you, your family and those around you warm in extremely cold weather:

- Draw your curtains and keep your doors closed to block out draughts.
- Have regular hot drinks and eat at least one hot meal a day if possible. Eating keeps your energy levels up during winter.
- Wear several layers of warm clothes.
- Keep as active in your home as possible.
- Wrap up warm and wear shoes with a good grip if going outdoors.
- If you have reduced mobility, are aged 65 or over, or have a health condition such as Heart or lung disease, you should heat your home to at least 18C including at night.
- Check up on friends, relatives and neighbours who may be more vulnerable in cold weather, particularly those suffering from heart or breathing problems.

COUGHS & COLDS

Main Symptoms

- Sore throat
- Blocked or runny nose
- Sneezing
- Cough

THERE IS NO CURE FOR THE COMMON COLD BUT YOU CAN RELIEVE THE SYMPTOMS BY

- Resting, drinking plenty of fluids and eating healthily.
- Taking over-the-counter painkillers to reduce fever or discomfort.
- Using decongestant sprays or tablets to relieve a blocked nose.
- Trying remedies such as gargling with salt water and sucking menthol sweets.

SPEAK TO YOUR PHARMACIST FOR ADVICE IF YOU ARE UNSURE WHICH MEDICATIONS WOULD BE BEST FOR YOU.

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COLDS ARE USUALLY MILD AND SHORTLIVED SO THERE IS USUALLY NO NEED TO VISIT YOUR GP UNLESS:

- Your symptoms persist for more than three weeks.
- Your symptoms get suddenly worse.
- You have breathing difficulties.
- You develop complications such as chest pain or coughing up bloodstained mucus.

YOU CAN ALSO PHONE 111 FOR ADVICE

COMMUNITY FAYRE.

The Community Fayre was arranged in conjunction with the Saturday morning Flu Clinic in October. The Stalls with information and first hand advice were provided by volunteers from local groups. Some of the groups attending were Fishers Pharmacy, Macmillan, Carers Association, Citizens Advice Bureau, People for Portland Road, Alzheimer's UK, Croydon People First and Friends of the Country Park. Fishers were giving clear and helpful advice about online prescription services as well as information on the services which they offer. This was a very successful morning. Many people attending gave positive feedback not only about much needed useful information and advice which they received from visiting the stalls but also about the friendly community feeling which the morning evoked. Watch out for COMMUNITY FAYRE 2018.

Don't just go to A&E...

You could get quicker treatment closer to home

- The local pharmacies can treat minor ailments
- Minor Injuries unit, Parkway Health Centre, New Addington, CR0 0JA
- Country Park Practice 020 3764 0664
- NHS 111
- GP Hubs (see front page)

CHRISTMAS TREE FESTIVAL

From 24th November 2017 - end of December Country Park Practice participated, alongside other community groups, at a Christmas Tree Festival. All the trees, decorated to represent a musical theme, were displayed at St Matthews Church - Park Hill throughout the Christmas season. Country Park chose "Don't be Lonely at Christmas" and their tree was bedecked with garlands of crepe bandages, baubles of specimen tubes, lights and parcel labels giving the names and addresses of organisations where meals, company and support would be provided for those who found themselves in need during the festive season. The tree attracted a great deal of attention. I'm sure that someone will have benefitted from this idea and experienced a hot meal and someone to talk to. Well Done to the tree decorators for their thoughtful idea and artistic work.