

NEWSLETTER

WINTER '24/'25

ISSUE 55

Fosse Medical Centre

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Our EIGHT excellent and dedicated GPs at Fosse Medical Centre want you to keep well this winter. This Newsletter gives you their TOP TIPS to achieve this:

1. Keeping warm
2. Prescriptions and medication
3. Vaccinations
4. Stop the spread of infection
5. Be prepared



OUR RECEPTION STAFF...

As you can imagine, winter is a hectic time at the surgery. Staff are under extra pressure. They should not have to tolerate any abuse. We have a **ZERO TOLERANCE POLICY** and, if necessary, the Police can be called.

❶ KEEPING WARM

- Try to keep the rooms you use most to at least 18 degrees C.
- Reduce drafts and close bedroom windows at night
- Wear several thin layers rather than one thick one
- Don't sit still for more than an hour or so.
- Ensure you eat enough and have hot drinks

❷ PRESCRIPTIONS & MEDICATION

- Check regularly to ensure you have enough and order repeat prescriptions in plenty of time
- For multiple items - order ONLY what you need.

❸ VACCINATIONS are still the best way to protect yourself from becoming seriously unwell

- For COVID 19 (still around), flu (always around), and RSV – vaccination is important. If you are eligible do get vaccinated. Check surgery if unsure.

❹ STOP THE SPREAD

- If unwell think of others. Stay at home.
- If you have visitors, ventilate rooms and remember good hygiene (eg washing hands)

❺ BE PREPARED

- Don't leave it to the last minute. Prepare ahead.

HELP US TO HELP YOU

Keep your appointment – OR – if you cannot keep it, contact Reception to cancel or book another time.

If you booked it you must be able to cancel it.

**BE NICE TO ALL OUR STAFF
THEY ARE HERE FOR YOU**

REMEMBER: PHARMACY FIRST

You can get certain prescription medications directly from a Pharmacy without seeing a GP

PHARMACY FIRST near Fosse Medical Centre at Shilchem, Mattocks, Tesco, Blackbird and Patels. Pharmacists have private consultation rooms and you do not always need an appointment. After a consultation with the pharmacist the Pharmacy will send a notification to the patient's GP on the same day or on the following working day.

GETTING THE RIGHT CARE

Health services are busier than normal at this time of year. It is really important that everyone follows the advice given to get the right care as quickly as possible.

♦ *Can you treat yourself?* ♦ *Pharmacy First* ♦ *If urgent contact surgery* ♦ *or 111* ♦ *a Local Urgent Care Service*

If you need urgent help don't delay in coming forward.

“JOY”...<http://www.llrjoy.com> – is a new NHS funded website for Leicester people, created to link you to local groups that provide services and activities to suit your needs and interests. Once you add your postcode and search, it will list the services closest to you.