



Burton Latimer Medical Centre

Winter Newsletter



Self Care

Think Self Care for Life: Think the Pharmacist for expert health advice

Burton Latimer Medical Centre wants to remind you of the health expert on the High Street, **the Community Pharmacist.**

Pharmacists are highly trained health professionals who can give advice and recommend treatments for self-treatable conditions such as coughs, colds, sprains and strains.

People go to the doctor with common ailments because they are unsure how long symptoms last and need reassurance that it isn't anything more serious. Instead of waiting for an appointment at your surgery, consider going to your local pharmacist first.

Pharmacists will help you choose the right treatment for your ailment and can explain the normal duration of symptoms. They can also offer you help to stop smoking, manage your weight, and can often provide blood pressure checks. Many pharmacies also have private consulting rooms.

If you have a cold or flu virus it is worth remembering that antibiotics won't help. In fact, taking them can reduce their effectiveness when they're needed for ailments they *can* help with.

If you have a long term condition and are worried how common ailments may be affecting you, or if you want advice on managing your medicines, visit your local pharmacist first.

Save yourself the time and bother of booking a GP appointment or visiting A&E.

Think the pharmacist. Think self-care for life.

Are you a carer?

FREE First Aid Training courses available in 2020.

Sessions teach basic life-saving skills, plus how to manage a range of other injuries or illnesses. Get in touch today to secure your place. Places are limited, meaning booking is essential

Corby – 6th January
Kettering – 24th January

Call Nicole McMillan 01933 233 207 or email: nicole.mcmillan@nhs.net

Contact Details

www.burtonlatimermedicalcentre.co.uk

Burton Latimer Medical Centre 01536 723566

Smoke Free Life

Congratulations! You have taken the first step towards a smoke free life.

For your health

Every cigarette you smoke causes real harm. Learn more about how your body recovers once you stop

For your family

Your family mean the world to you, and it will mean the world to them when you quit. Read the facts about secondhand smoke, smoking in pregnancy and other ways your smoking affects your family.

To save money

Every cigarette you don't smoke saves you money. Find out how much you will save by quitting by using the links below..

www.nhs.uk/oneyou/for-your-body/quit-smoking/

www.nhs.uk/oneyou/for-your-body/quit-smoking/personal-quit-plan/

Social Prescriber

Sam Tallant has recently joined the surgery as a Social Prescriber.

A Social Prescriber is someone that can work with our patients to support them with non clinical issues, such as housing, financial and health and wellbeing.

Sam also works with the community so has a good understanding of what activities there are available such as Walking Football, Health Walks and a wide range of wellbeing activities. Sam is also working with partners in setting up new activities such as weight management, a dementia coffee morning and parents and carers groups.

If you feel you would benefit from seeing a Social Prescriber instead of a clinician, please call the surgery on 01536 723566 to book an appointment.

Christmas Closure

The Partners and all the staff would like to wish you a very merry Christmas and a Happy New Year.

This years surgery closure dates are as follows;

Wednesday 25th December

Thursday 26th December

Wednesday 1st January

Protected Learning Time 2020

Burton Latimer Medical Centre will be closed from 12.30pm for staff training.

Wednesday 15th January

Wednesday 12th February

Wednesday 11th March

Further dates for the year are on our website and Jayex board.