

Arrival Practice Newsletter

Winter 2017



Flu Vaccinations 2017/2018

Flu (also known as influenza) is a highly infectious illness caused by the flu virus. It is spread through small droplets that are coughed or sneezed into the air by an infected person. For most people, flu is unpleasant, but not serious. You will usually recover within one week.

However, we recommend that anyone with a chronic illness, such as diabetes, asthma, COPD or heart disease has a flu jab. Pregnant ladies and children aged 2-3 years are also advised to get the flu vaccination. If you have an appointment at the practice you can have your flu jab while you are here or you can phone for an appointment. Please ask at reception if you are unsure.

Practice Opening Times:

Monday 08.30-18.00

Tuesday 08.30-18.00

Wednesday 08.30-18.00

Thursday 08.30-18.00

Friday 08.30-18.00

Saturday & Sunday Closed



Cough and cold advice during the winter months

A cold is a mild viral infection of the nose, throat, sinuses and upper airways. It can cause stuffiness, a runny nose, sneezing, a sore throat and a cough. It usually gets better by itself without the need for treatment. There is no cure for the common cold and antibiotics have no effect on viruses, but it is possible to treat the symptoms with some practical self-help measures and over the counter medications. These are available from your pharmacy, which means that you can treat yourself, rather than needing to see your GP. Some of the self-help measures could include:

- Drinking plenty of fluids
- Try steam inhalations with menthol and nasal sprays or drops.
- Drinking hot drinks with lemon or some hot soup may help.
- Try lozenges with menthol & eucalyptus to soothe your throat.
- Gargling with salt water may help a sore throat.

You should try to rest if you have a cold, but it's not usually necessary to stay off work. Always remember to cough or sneeze into a tissue and throw it away and to wash your hands regularly.





Santa Claus is coming to.....Arrival Practice!!

Visit Santa and his elves at Arrival Practice on Thursday 14th and 21st December from 1pm. Booking essential. Ask at reception for details.



Free Gym Classes

Elvis is organising a Monday morning gym session from 10.30am-12pm at the Durham campus of Stockton College. It will be free of charge but limited to 12 participants, so is essential to book. If you are interested, please speak to the staff at reception.

Drop Ins for Refugees and Asylum Seekers

- **Monday 1-3pm** - Stockton Baptist Tabernacle Church
- **Tuesday 1-3pm** - Stockton Parish Church
- **Thursday 1-4pm** - Yarm Road Methodist Church
- **Friday 10am-12.30pm (Women only - term time)** Stockton Baptist Tabernacle Church
- **Friday 10.30am-12.45pm** - Portrack Baptist Church
- **Friday 2-4pm** - St Patricks Church Hall (near Five Lamps, Thornaby)

Please ask at Reception for more details



Arrival Practice Patient Participation Group - On 4th October 2017, we held our first patient participation group meeting. It was a very lively and successful meeting with 23 people in attendance. Many different subjects were raised and talked about and some ideas for fund-raising were discussed. If you would be interested in making a contribution to your practice and might like to join our group for bi-monthly meetings, please speak to reception staff.

Closing dates during Christmas and New Year

The practice will be closed on the following dates:

- **Monday 25th December 2017**
- **Tuesday 26th December 2017**
- **Monday 1st January 2018**

Please remember to order prescriptions in advance!

If you require urgent medical care when the practice is closed, please ring 111.

The NHS 111 Service is free from both landlines and mobile phones.



