



Dry January

Dry January is a public health campaign urging people to abstain from alcohol for the month of January.



The Benefits For You

A month off alcohol can make a real difference – just some of the benefits people have experienced are:

- Weight loss
- Better sleep
- More energy
- Clearer skin
- Time – no more hangovers to sleep off!
- The sense of achievement for finishing your month
- The stats show most people drink less booze even after the month is over!
- The realisation that you're actually just as awesome without the alcohol

And think of all the money you'll save (the average person spends £50,000 on booze in their lifetime!) A YouGov survey showed that 5 million Britons took part in Dry January last year, so why not feel the benefits for yourself? For more information, visit www.AlcoholConcern.org.uk

One You Leeds

Jeans feeling a little tight after Christmas? Made a new years resolution to lose weight, start exercising more or give up smoking? Then **One You Leeds** is just what you need.

One You Leeds is a free local healthy living service designed to support Leeds residents to start and maintain a healthy lifestyle.

One You Leeds can help you to:

- Be smoke free
- Manage your weight
- Eat well
- Move more
- Cook well

One You Leeds offers a wide range of free classes throughout Leeds, that can help you to eat better and be more active. For more information, visit www.OneYouLeeds.co.uk

ONE YOU LEEDS

Surgery Closures

The surgery will be closed on the following dates:

- Friday 30th March
- Monday 2nd April



The surgery will also be closed on the following **afternoons** for training purposes:

- Thursday 11th January
- Thursday 1st February
- Thursday 8th March

When calling the surgery after 12pm on any of the above dates, you will be put through directly to the Out of Hours Service. Please be sure to allow plenty of notice for ordering repeat prescriptions.

Please note that Day Lewis pharmacy will remain open on the Thursday afternoons when the practice is closed.

Wasted Appointments in December

Last month, the number of GP & Nurse appointments where the patient did not attend was:

80

This was equal to:

17 hours and 27 minutes



If you are not able to attend your appointment for any reason, please do let us know, so that your appointment time can be used by somebody else.

If you provide us with an up-to-date mobile number, we can send you appointment reminders by text, and you can cancel your appointments by text as well. You can also cancel your appointments using your SystmOnline account.



Care Navigators

Our reception staff have now undergone training on active signposting; this will enable them to guide you in the right direction when it comes to your care.

When you call up for an appointment, reception staff may ask you for some further information, in order to ascertain what kind of appointment you may need. They're not simply being nosy!

All our reception staff have been trained on information governance, and any information you share with them will be kept confidential. By asking you a few questions about your health needs, our reception staff can ensure that you receive the help that you need, in the manner that is most appropriate.

When You May Not Need to See a GP

After taking some information from you, the receptionist may suggest that you can get the help that you need by **self-referring**. Below are some of the services to which you can self-refer, without having to see a GP first:

Bereavement

Cruse Bereavement Support Tel: 0113 234 4150.

Promote the well-being of bereaved people to enable them to understand their grief and cope with their loss. They provide support and offer information, advice, education, and training services. (National phone line: 0808 808 1677)

laPT: Their self-referral telephone number is: 0113 843 4388

(must be aged 17 or older and registered with a Leeds GP)

laPT can offer you help with the following conditions:

- Depression
- Anxiety & Stress
- Panic Disorder
- Simple Phobia
- Health Anxiety
- Post Traumatic Stress Disorder
- Obsessive Compulsive Disorder (including trichotillomania & skin picking)
- Bulimia (mild)
- Binge Eating Disorder
- Generalised Anxiety Disorder
- Social Phobia
- Body Dysmorphic Disorder



Contraception and Sexual Health Services

Contraception / family planning, emergency contraception, coils, implants, pill, STI screening & treatment, pregnancy testing & advice - www.LeedsSexualHealth.com

Mindwell

Mental Health Information for everyone in Leeds: www.MindWell-Leeds.org.uk

MindMate

If you're a young person, MindMate can help you understand the way you're feeling and find the right advice and support.

Also has resources for parents or carers of young people: www.MindMate.org.uk

Nurse Appointments

Did you know, you can book nurse appointments up to 8 weeks in advance? If you need to see the nurse on a regular basis, for example for regular dressings or injections, please allow plenty of time to book these. You can book more than one appointment at the same time if necessary.



Crossley Street Website

Our website has had a complete upgrade—new layout, and lots of new content added. Why not check it out?

www.CrossleyStreetSurgery.co.uk



Thank You

We would like to say thank you very much to everyone who gave us gifts at Christmas, they were all very much appreciated.





The following tips are taken from the NHS Choices website. For more information on Winter Health, visit www.nhs.uk

Banish winter tiredness

Many people feel tired and sluggish during winter. This is due to the lack of sunlight, which disrupts our sleep and waking cycles.

Try these tips:

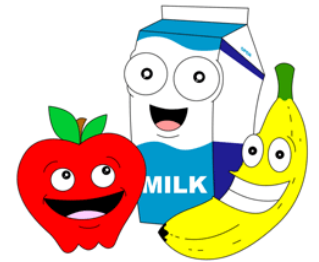
- get outdoors in natural daylight as much as possible
- get a good night's sleep – go to bed and wake up at the same time every day
- De-stress with exercise or meditation – stress has been shown to make you feel tired

Eat more fruit and veg

When it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food. However, it's important to ensure you still have a healthy diet and include five portions of fruit and veg a day.

If you find yourself craving a sugary treat, try a juicy clementine or satsuma instead.

Winter vegetables such as carrots, parsnips, swede and turnips can be roasted, mashed or made into soup for a comforting winter meal for the whole family. Explore varieties of fruit and veg that you may not normally eat.



Drink more milk

You are more likely to get a cold in winter, so make sure your immune system is in tip-top condition.

Milk and dairy products such as cheese, yoghurt and fromage frais are great sources of:

- protein
- vitamins A and B12
- calcium, which helps keep our bones strong

Choose semi-skimmed, 1% or skimmed milk – rather than full-fat – and low-fat plain yoghurts.

Try new activities for the whole family

Don't use the cold winter months as an excuse to stay in and lounge around. Instead, get out with the whole family to try out a new activity – maybe ice skating, or taking a bracing winter walk on the beach or through the park.

Regular exercise helps control your weight, boost your immune system, and is a good way to break the tension that can build if the family is constantly cooped up inside the house.

Have a hearty breakfast

Winter is the perfect season for porridge. Eating a warm bowlful on a cold morning isn't just a delicious way to start your day, it also helps boost your intake of starchy foods and fibre.

These foods give you energy and help you feel fuller for longer, stopping the temptation to snack mid-morning. Oats also contain lots of vital vitamins and minerals.

Make your porridge with semi-skimmed, 1% or skimmed milk, or water, and don't add sugar or salt. Add a sliced banana, berries or other fruit for extra flavour and to help you hit your 5 A Day target.



The Common Cold—What You Need to Know

A cold is a mild viral infection of the nose, throat, sinuses and upper airways. It's very common and usually clears up on its own within a week or two.

The main symptoms of a cold include:

- a sore throat
- a blocked or runny nose
- sneezing
- a cough

More severe symptoms, including a high temperature (fever), headache and aching muscles can also occur, although these tend to be associated more with flu.



What to do

There's no cure for a cold, but you can look after yourself at home by:

- resting, drinking plenty of fluids and eating healthily
- taking over-the-counter painkillers, such as paracetamol or ibuprofen, to reduce any fever or discomfort
- using decongestant sprays or tablets to relieve a blocked nose
- trying remedies such as gargling salt water & sucking on menthol sweets

Many painkillers and decongestants are available from pharmacies without a prescription. They're generally safe for older children and adults to take, but might not be suitable for babies, young children, pregnant women, people with certain underlying health conditions, and those taking certain other medications. Speak to a pharmacist if you're unsure.

When to see your GP

If you or your child has a cold, there's usually no need to see your GP as it should clear within a week or two.

You only really need to contact your GP if:

- your symptoms persist for more than three weeks
- your symptoms get suddenly worse
- you have breathing difficulties
- you develop complications of a cold, such as chest pain or coughing up bloodstained mucus

It might also be a good idea to see your GP if you're concerned about your baby or an elderly person, or if you have a long-term illness such as a lung condition. You can also phone NHS 111 for advice.



How can I stop a cold spreading?

You can take some simple steps to help prevent the spread of a cold. For example:

- wash your hands regularly, particularly before touching your nose or mouth and before handling food
- always sneeze and cough into tissues – this will help prevent the virus-containing droplets from your nose and mouth entering the air, where they can infect others; you should throw away used tissues immediately and wash your hands
- clean surfaces regularly to keep them free of germs
- use your own cup, plates, cutlery and kitchen utensils
- don't share towels or toys with someone who has a cold



Do I Need Antibiotics?

Antibiotics are used to treat or prevent some types of bacterial infection. They work by killing bacteria or preventing them from reproducing and spreading. But they don't work for everything. When it comes to antibiotics, take your doctor's advice.

Antibiotics don't work for viral infections such as colds and flu, and most coughs and sore throats.

Many mild bacterial infections also get better on their own without using antibiotics. Taking antibiotics when you don't need them encourages dangerous bacteria that live inside you to become resistant. That means that antibiotics may not work when you next need them most. This puts you and your family at serious risk.