

The Practice Of Health Newsletter Winter 2024



In our quarterly newsletters we aim to provide helpful information to keep our patients up to date with recent developments. **This issue: Keeping Well, Coping at Christmas, Call Back System, The Hangout, NHS 111 Option 2, Get Vaccinated to Get Protected**

Winter Demands—Keeping Well

Wales has higher levels of illness and death during the winter months. Even moderately cold temperatures of 8°C can cause health problems, particularly for those with chronic health issues.

There are lots of things you can do to stay well this winter and #HelpUsHelpYou

→ **Stay Strong with Winter Vaccines—** don't forget your annual Flu vaccination!

- Keep yourself and your home warm
- Keep active and mobile
- Look after your mental health
- Prepare for common health problems and make sure your medicine cabinet is well stocked :

Paracetamol, Ibuprofen, Cough & Cold remedies, Indigestion relief are all very handy to have around!



For more information and top tips to take care of yourself this winter, visit our website:

<https://thepracticeofhealth.nhs.wales/health-advice-support/staying-well-this-winter/>

Please remember to use GP services wisely this winter. NHS 111 is available 24/7 for advice and support. In the event of an emergency, dial 999.

Get Vaccinated to Get Protected

Many people "at risk" due to certain health conditions or old age can get seriously ill from *winter illnesses such as Flu and COVID-19*, and every year thousands of people die. The risk from these viruses is greater during winter when they circulate most as people spend more time indoors during the wet and cold weather.

If you have been invited for one of the free winter vaccines by the NHS (*Flu, COVID Pneumonia, Shingles, RSV*) then don't delay and get protected! **BOOK NOW**

Do you need urgent mental health support? Help us just a quick phone call away...

If you urgently need to talk to someone about your mental health, or if you're concerned about a family member, call **NHS 111 Wales and press option 2**



Have you heard about *The Hangout Barry*? A place for young people who are 11-18 and live in the Vale. Whether it's emotional wellbeing or mental health support, or just somebody to speak to, the team are there!

3A Tynweydd Road, CF62 8HB

THE HANGOUT BARRY

3pm—9pm Mon-Fri
12pm—6pm Weekends & Bank Holidays

A free, drop-in wellbeing space for young people aged 11-18.

Coping at Christmas

Christmas and the festive period can be tough. That's why it's important to know that there's always someone you can talk to...

MIND in the Vale

www.mindinthevale.org.uk

0300 123 3393 **shout 85258** here for you 24/7

SHOUT

Text SHOUT to 85258

www.giveusashout.org

SAMARITANS
Call 116 123

www.samaritans.org

CALM

Call 0800 585858

www.thecalmzone.net



Did you know that the Practice has an Automated Call Back System ???.....

This is a feature of our telephone system that allows callers to *choose to be called back, rather than wait on hold!* Press option 2 for English, then **OPTION 5** to keep your position in the queue without waiting on hold. We will call you back when you reach position 1.

Some people are still waiting on our phones, so please utilise this service!

