

# The Wycliffe Medical Practice

## Festive Newsletter



**The Doctors and Staff of  
The Wycliffe Medical Practice  
wish their patients  
a Happy Christmas  
&  
a Healthy New Year**



**We will be closed on  
25 & 28 December 2015  
and on  
1 January 2016**



**If you need medical advise when we are closed -  
please call 111 from landlines or mobiles.**

**NHS 111**

**will direct you to the most appropriate service to  
deal with the issue that you have**

**You can also find out more about what options are available to you on our  
website – [www.wycliffemedicalpractice.nhs.uk](http://www.wycliffemedicalpractice.nhs.uk)**



**For information about healthcare advice and services  
available in your area  
download the new, free NHS Now healthcare app**



**If you take regular medication and will require a repeat prescription during the Christmas  
period or shortly afterwards, please remember that we are happy for you to order early to  
avoid any delays caused by the festive holidays.**

**Please call 01455 200793 to leave request, order online,  
in person at the surgery or at your usual local pharmacy**



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### Please join our Patient Group

All patients of the Wycliffe Medical Practice are invited to join our  
**VIRTUAL PATIENT GROUP**

**This is a patient group for busy people.**

**We will send you newsletters and updates and may ask you to complete short surveys  
to help develop or improve our services**

**Please visit our website [www.wycliffemedicalpractice.nhs.uk](http://www.wycliffemedicalpractice.nhs.uk) to join**

### Flu Jabs



Are you eligible for a free NHS flu jab?

If you were born on or before 31 March 1951 or suffer from lung, heart or kidney disease, diabetes, or you have had a stroke you are entitled to a free flu jab.

Are you a carer?

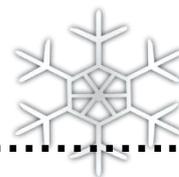
Do you look after someone elderly, frail or disabled who could not manage if you were ill?

If so, you qualify for a free flu jab, whatever your age.

We do still have a few flu vaccinations available for eligible patients.

Please book now either at Reception or be calling 01455 553531

### Antibiotics are not always the best thing for you .....



**At the Wycliffe Medical Practice we aim to provide our patients with the best possible care.** We therefore want to make you aware that you can treat yourself and your children effectively and safely for most of the coughs, colds, sore throats and earaches. In most cases antibiotics will not make any improvement in the symptoms or the length of time you are ill.

Although many people are aware that antibiotics don't work for most coughs, colds, sore throats and earaches, we do find that they come to see their GP expecting treatment when there is nothing that can be prescribed to help. Also, using antibiotics unnecessarily increases the risk of bacteria developing that are resistant to them, so they won't work when they are really needed.

**What will we be doing?** We will be encouraging all patients who have what are known as 'respiratory tract infections' to treat themselves and their children with simple remedies at home. We have a Minor Illness Booklet available from Reception and links to information on our website that can help you.

All members of the Practice are committed to ensuring that antibiotics are used responsibly and we will help you to manage your ailments without them where appropriate.