



**Ash Grove Medical Centre**  
**Tel: 01977 673141 – Appointments & Enquiries**  
**[www.ashgrovesurgery.co.uk](http://www.ashgrovesurgery.co.uk)**



Welcome to the Christmas issue of our Practice Newsletter. In this Newsletter, we aim to provide patients with up to date news, changes to the services we provide and useful information.

### **Christmas Opening**

The surgery will be closed Wednesday 25 December 2019 and Thursday 26 December 2019. It will re-open at 8.00am on Friday 27 December 2019.

The surgery will also be closed on Wednesday 1 January 2020 and re-open Thursday 2 January 2020 at 8.00am.

GP Care Wakefield is operational on Bank Holidays between the hours of 9.00am and 3.00pm. If you require urgent medical attention during these hours, please telephone the surgery as usual and you will be transferred through to GP Care Wakefield where you will be able to speak to a Nurse about your condition.

Following initial discussion with the Nurse, if deemed appropriate he / she will offer you a GP appointment at Trinity Medical Centre or Pontefract General Infirmary.

Should you require urgent medical attention outside of these hours, please contact NHS111 who are operational 24 hours a day.

**Please remember to order your prescriptions in time and allow additional days for processing over the Christmas period.**



### **Carers**

A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction that cannot cope without their support. We are always looking at updating our Carers Register and if this applies to you please inform the surgery. This allows us to support and refer you for support while you support others. Did you know that you are classed as a carer even if you are under 18? Please contact Carers Wakefield & District on 01924 305544 for more information.

### **Food Banks**

Please note your local food bank is located at Knottingley Community Church. The Food Bank is open on Tuesdays between 11.00am and 1.00pm and Thursdays between 12.00pm and 2.00pm. Vouchers are available from reception here at Ash Grove Medical Centre. We also now have a food collection point for our local Food

Bank and if you can help in anyway by donating please drop your donations into reception where you will see the collection point.

## Keep Warm, Keep Well – Be WeatherReady

Very cold weather can affect anyone, but you are most vulnerable if:

- You're 65 or over
- You're on a low income (so can't afford heating)
- You have a long-term health condition, such as heart, lung or kidney disease
- You're disabled
- You're pregnant
- You have young children (new-born to school age)
- You have a mental health condition

Be prepared by:

- Checking your heating – your home should be heated to at least 18°C
- Check your pipes are insulated and know where your stop tap is
- **Get your flu jab**
- Consider alternative community plans for severe weather and childcare plans if schools are closed
- Top up your screen wash, check your tyres and think about a winter kit for your car
- Check [www.metoffice.gov.uk](http://www.metoffice.gov.uk) for latest weather forecast – also available on TV and radio so listen out for broadcasts



## Flu Vaccine Overview

Flu vaccination is available every year on the NHS to help protect adults and children at risk of flu and its complications.

**Who should have the flu vaccine?** The flu vaccine is routinely given on the NHS to:

- Adults 65 and over
- People with certain medical condition (find out from your GP surgery if you qualify for one)
- Pregnant women
- Children aged 2 and 3 on 31 August 2019
- Children in primary school (this will be given at school)
- Frontline health or social care workers

## Where to get the flu vaccine

- Your GP surgery
- A local pharmacy offering the service
- Some community pharmacies now offer flu vaccination to adults (but not children) at the risk of flu, including pregnant women, people aged 65 and over, people with long-term health conditions and carers.

## Well Done

We were recently visited by the Strategic Health Facilitation Lead for Learning Disabilities, who advised us what a great job Kirsty Wright – Health Care Assistant was doing.

*“In 2017/2018 Ash Grove Medical Practice exceeded the 50% target achieving 65% of those on the LD register having an annual health check; already at the end of quarter two Ash Grove has already exceeded on last years’ overall percentage achieving 68%, with a further two quarters to go before the year end. Ash Grove are well on track to achieve this year’s target of 75% and are currently leading in the Wakefield District for the highest percentage of annual health checks completed at the end of quarter two. Kirsty’s approach to meeting the needs of patients with a learning disability is outstanding with excellent use of the reasonable adjustments. Really good practice.”*

