## AS NEWS



Patient Participation Group (PPG)

**ISSUE 5 CHRISTMAS 2018** Thank you and Merry Christmas to all the Doctors and Staff from the Patients. Been with Lovely the practice Practice, good over 4 years and have been well appointment. Female 24yrs looked after. Female 57yrs The people here do things they are paid to do, they are kind, funny, The polite and more. doctors are I don't believe you very kind should change Receptionists and caring. anything at all. show empathy Female 9yrs Female 10yrs and are most professional when dealing **Bingley** with patients. Medical Female 43yrs Practice is the best practice there is. Female 17yrs **Receptionists** will go the extra mile to sort out your problems. Kind and Male 62yrs helpful. Male 85yrs You are all lovely and helpful all the time. Keep it up. Male 33yrs

## Christmas and New Year opening times at Bingley Medical Practice

Christmas Eve 24th December

Christmas Day 25th December Boxing Day 26th December

Thursday 27th December

Friday 28th December

Saturday 29th December

Sunday 30th December

New Years Eve 31st December

New Years Day 1st January

Wednesday 2nd January

7am - 6-30pm

**CLOSED** 

CLOSED

8am - 6-30pm

8am - 6-30pm

**CLOSED** 

**CLOSED** 

7am - 6-30pm

CLOSED

8am - 6-30pm

For immediate and life threatening emergencies call 999.

Call 111 when the surgery is closed.



Bingley Medical Centre 01274 568383 www.bingleymedical.org.uk



If you've been affected by a crime call victim support:

08 08 16 89 111



For young people up to 19 years to talk about anything you're worried about

#### This winter...

If you need medical help out of hours - Call 111, our healthcare professionals are available 24/7.





# Thinking about your health during the holiday period

Christmas and New Year is, for many, a time of celebration, joy, food and TV binging, and an opportunity to forget the world's troubles. But we shouldn't forget to take care of each other and ourselves. Here are four take home messages for Christmas:

- 1 Track that alcohol intake! Many of us enjoy our alcohol over Christmas, and this is fine. But remember to keep track of your intake and know your limits. This is likely to help prevent nasty flashbacks, those embarrassing late night text messages, family rows, a visit to the sexually transmitted infection clinic, or worst-case scenario taking a few minutes off your life. Stick with your usual alcohol precautions. OK, even stretch them a little (this is a holiday). But always know your limits.
- Take care of each other! Christmas is a joyful time, but for many it can be stressful, lonely, and something to survive before plunging into yet another year. Be aware of those around you and take this opportunity to think how important these holidays are for bringing people together and perhaps repairing some of those fractured relationships.
- 3 Beware great expectations! Christmas can be brilliant. But on the actual day we have to be honest; it doesn't always match our expectations.

Life is complicated and our human bias towards optimism means we rarely learn from past experiences. Don't be surprised when things go wrong. This is normal and is likely happening to many others. As long as people work together it can all still be fun in spite of disappointments such as overcooked sprouts, inclement weather, or flat batteries. Don't be fooled by that Instagram post showing someone else having the Perfect Christmas. They're just as stressed and exhausted as you are.

Don't be afraid to seek help! If you're really struggling over Christmas there are people you can contact. We've put some logos and information in this newsletter and you shouldn't hesitate to reach out if things get difficult. You won't be alone.

Enjoy the Christmas and New Year celebrations. Be healthy!

Ian Hodgson





40% of traffic fatalities involve a driver who is impaired by



# Tips for \* coping this Christmas after a loss

#### Be prepared

Think about what is best for you and your family. Some people will just want to cancel Christmas or maybe do something completely different like volunteer for the day. Others find celebrating as normal is important, or may need to keep going for the sake of children.

#### Remember a loved one

It can help to bring memories of loved ones into the celebrations. You could include a visit to their grave, or a place that was special to them. You may have photos or particular memories which you treasure and look at alone, or share with others.

#### Look after yourself

Christmas can be a time of over indulgence with food and alcohol. Using alcohol to escape the pain of loss only brings temporary relief. Try to keep regular patterns of sleeping and eating. Get out and enjoy the fresh air, exercise is a great way to relax.

#### Take time for you

Don't be alarmed if your emotions take over, just take some time for yourself, no one will judge you. Remember there is no right way to grieve, and keep talking. Keep plans flexible and allow yourself to change your mind. As time passes, Christmas can be a time to focus on memories of good times shared in the past. But it can also be an intensely emotional time. Be kind to yourself, and ask for help if you need it.



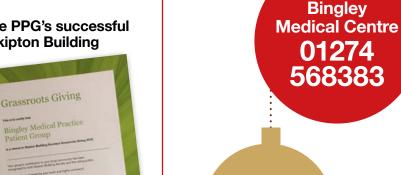
Somewhere to turn when someone dies

www.cruse.org.uk
National helpline number:
0808 808 1677

### PPG wins Skipton Building Society award

One successful outcome this year was the PPG's successful application for a grant of £500 from the Skipton Building Society's Grassroots Giving 2018.

There were 743 applications from across the UK, with 377 short-listed organisations and 165 winners. Over 51,000 people voted. Bingley PPG submitted an application for funding to provide a TV screen in the waiting area to show health-based information helpful for people waiting before they see a doctor or nurse. And we were successful! We'd like to thank everyone who voted for us, and we hope to have the TV screen installed by the end of 2018. More information about the award can be found here: https://www.skiptongrg.co.uk/apply-for-funding/



Call 111 when the surgery is closed



## Emergency contraception

#### WHAT IS IT?



'Morning after pill'



Emergency only

Not for regular use



Reduce risk of **pregnancy** 

### HOW DOES IT WORK?

Most pills contain the same hormone as regular birth control pills. The emergency-use pills mainly work by stopping the release of an egg.

They may also stop the sperm from fertilising the egg and prevent the egg from implanting in the uterus.

## HOW DO I USE IT?

Take the pill as soon as possible after sex if other forms of protection have failed.

The pill may be effective up to 120 hours after unprotected intercourse.

Others may be effective up to 72 hours.





We offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal.
Call any time: 116 123