

XMAS NEWS

Patient Participation Group (PPG)

Thank you
and Merry
Christmas to all
the Doctors and
Staff from the
Patients.

Been with
the practice
over 4 years and
have been well
looked after.

Female 57yrs

Lovely
Practice, good
appointment.

Female 24yrs

The people
here do things
they are paid to do,
they are kind, funny,
polite and more.
I don't believe you
should change
anything at all.

Female 10yrs

The
doctors are
very kind
and caring.

Female 9yrs

Bingley
Medical
Practice is the
best practice
there is.

Female 17yrs

Receptionists
show empathy
and are most
professional
when dealing
with patients.

Female 43yrs

Receptionists
will go the
extra mile to
sort out your
problems.

Male 62yrs

Kind and
helpful.

Male 85yrs

You are
all lovely
and helpful
all the time.
Keep it up.

Male 33yrs


See inside for Christmas and New Year opening times
and lots of Christmas Holiday advice.....

Christmas and New Year opening times at Bingley Medical Practice

Christmas Eve 24th December	7am – 6-30pm
Christmas Day 25th December	CLOSED
Boxing Day 26th December	CLOSED
Thursday 27th December	8am – 6-30pm
Friday 28th December	8am – 6-30pm
Saturday 29th December	CLOSED
Sunday 30th December	CLOSED
New Years Eve 31st December	7am – 6-30pm
New Years Day 1st January	CLOSED
Wednesday 2nd January	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

VS

VICTIM SUPPORT

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.

NHS



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.

2 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 over-cooked 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.

4 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



During the holidays
2-3 times
more people die
in alcohol related
crashes

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



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.

 Cruse
Bereavement
Care

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/>



Bingley
Medical Centre
**01274
568383**

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.

NHS

What's open this festive season?

Find out which local pharmacies and GP practices are open over the Christmas and New Year period.

urgentoremergency.co.uk
or call 111

SAMARITANS

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