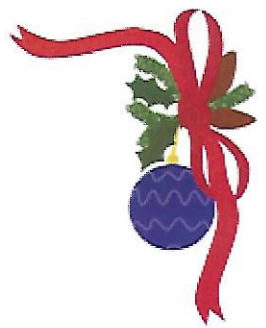


Filey Surgery

Winter 2019 Newsletter



Over the Festive period we will be closed on:

Wednesday 25th December, Thursday 26th December and Wednesday 1st January.

If you require urgent medical advice call **111**, you may be offered an appointment at Scarborough Urgent Care Centre. There is also a GP Access Centre at Bridlington Hospital for over 2 year olds only, open daily from 8am to 8pm.

For medical emergencies call **999**.

Flu Vaccination

Don't forget to get yours. We are now booking for all our patients that are entitled to have a flu vaccination. Call into the surgery to book your appointment.

Self-Referral Booklets

Pick up a copy of our useful self-referral booklet which promotes various organisations for health and social issues for all ages.

Keep Warm and Well over Winter

If you are over 65 it takes longer to warm up which raises the risk of increase blood pressure, Heart attacks and Strokes. Call at the surgery and collect a newsletter for more information and advice.

Diarrhoea and Vomiting

You can treat yourself and your child at home. Please avoid the GP surgery or hospital to prevent the spreading and children are advised to be absent from school for up to 48 hours after the last symptoms.

Sickness will usually last between 1 to 2 days and diarrhoea should subside between 5 – 7 days.

The most important thing is to have lots of fluids to avoid dehydration.

CQC Rating

The surgery is pleased to announce that following our CQC inspection in September and we were found to be good in all areas. The CQC report is available in the surgery waiting room.

Strong and Steady

Would you like to improve your strength, balance and coordination? Strong and Steady is a gentle 12 week exercise program delivered by friendly, qualified instructors aimed at people aged 65 and over.

Contact Pat at Age uk on 07732 804805.

Facebook

We are now on Facebook! View our page to see upcoming events, important information, useful health campaigns. Please like and share our page.

For more information on all the above please collect a detailed newsletter from the surgery or download a copy from www.fileysurgery.co.uk