



Merry Christmas to all of our patients.

Most of us are lucky enough to spend time over the holidays with our families in a comfortable and safe environment. However for thousands of people, this year will be very different for them.

Thousands of refugees are arriving on the Greek island of Lesbos from Syria fleeing a very dangerous war. They are arriving after surviving a perilous journey across the Mediterranean in boats unfit to transport people safely in these numbers. As a result babies, young children and adults are dying and with many are suffering from illness and at risk of becoming very ill due to lack of medical facilities. Greece is not equipped to deal with this massive influx and many charities including Mercy Worldwide Trust are helping. Our senior partner Dr Bhatti, our practice nurse Bonnie Beard and our recently qualified registrar GP Dr Bowry will be travelling over to help these vulnerable people at the end of November. They will be providing medical care for extremely vulnerable people in a desperate situation. This newsletter is published the day after they get back and I'm sure they will have both harrowing and uplifting stories to tell. All of us are incredibly proud to support them 100% as I'm sure all of our patients do too. Even though not all of us have the same skills to help in the same way, we can still help by making a donation to Mercy Worldwide Trust using the link below. You can also select the designated fund to help Syrian Refugees:

<http://www.mwtrust.com/donate/>

Give a Christmas gift knowing this will make a massive difference to ordinary people just like us who really need our help right now. Thanks.

Richard P Miller
Practice Manager



Winter is here, please use the NHS wisely:

A&E – Please remember that A&E is for **emergencies only**. Before going to A&E please consider if another service might be better.

Minor Injuries Unit in Clacton – This service is to help with minor accidents, like wounds, sprains, strains, minor dislocations, suspected fractures, removal of foreign bodies, burns, scalds, bites and stings. This is not exhaustive but gives you an idea of what NOT to attend A&E for.

Colchester Walk in Centre – This service can be used for the same things as the minor injuries unit in Clacton (and now have x-ray facilities over the winter), but also minor ailments such as rashes & minor skin infections, ear & throat infections and coughs and colds.

NHS 111 – This service can be used 24 hours a day, 365 days a year and can provide telephone advice out of hours when we are not available. They can also advise you of the best place to go if you do need to see someone face to face. There is already access to a GP 24/7 if you need it unlike the Government claims!

Community Pharmacies – Most people are not aware, but your local pharmacy can provide a wide range of help and advice. They offer advice on common problems such as coughs, colds, aches and pains, as well as healthy eating and stopping smoking. They can also help you decide whether you really need to see a doctor.