



December 2023– Surgery Newsletter

Merry Christmas from all the Surgery Team

On behalf of the whole team at the Surgery, we would like to wish all our patients a very Happy Christmas.

CHRISTMAS/NEW YEAR SURGERY OPENING HOURS

The normal Surgery opening times are from 8.00 am to 6.30 pm Monday to Friday.

Over the Christmas/New Year period the Surgery will be closed on Monday, 25 December, Tuesday, 26 December 2023 and Monday, 1 January 2024.

PRESCRIPTIONS

Please remember to order your December prescription in time for Christmas. You can order these up to 14 days before they are due, to ensure you don't run out over the Christmas period.

FLU VACCINE

We are still offering appointments for flu jabs. If you wish to book this, please contact reception on tel. 01206 250691.

DECEMBER IS BEREAVEMENT AWARENESS MONTH

Symptoms of bereavement, grief, and loss

- Bereavement, grief, and loss can cause many different symptoms and they affect people in different ways. There's no right or wrong way to feel.
- As well as bereavement, there are other types of loss such as the end of a relationship or losing a job or home.
- Some of the most common symptoms include:
- shock and numbness – this is usually the first reaction to loss, and people often talk about "being in a daze"
- Overwhelming sadness, with lots of crying
- tiredness or exhaustion
- anger – towards the person you've lost or the reason for your loss
- guilt – for example, guilt about feeling angry, about something you said or did not say, or not being able to stop your loved one dying

These feelings may not be there all the time and powerful feelings may appear unexpectedly.

It's not always easy to recognise when bereavement, grief or loss are the reason you're acting or feeling differently.

Things you can try to help with bereavement, grief and loss

Do

- ✓ Try talking about your feelings to a friend, family member, health professional or counsellor – you could also contact a support organisation such as Cruse Bereavement Care or call: **0808 808 1677**
- ✓ If you're struggling to sleep, get sleep tips from Every Mind Matters
- ✓ consider peer support, where people use their experiences to help each other. **Find out more about peer support on the Mind website**
- ✓ listen to **free mental wellbeing audio guides**
- ✓ try the **6 ways to feel happier**, which are simple lifestyle changes to help you feel more in control and able to cope

Don't

- ✓ Do not try to do everything at once – set small targets that you can easily achieve
- ✓ Do not focus on the things you cannot change – focus your time and energy into helping yourself feel better
- ✓ Try not to tell yourself that you're alone – most people feel grief after a loss and support is available
- ✓ Try not to use alcohol, cigarettes, gambling or drugs to relieve grief – these can all contribute to poor mental health

You can find further information and support about:

- Bereavement support for adults and children at St Helena Hospice – www.sthena.org.uk/bereavement
- Grief and bereavement on the Cruse Bereavement Care website
- Losing your partner or child in pregnancy
- Losing someone to suicide on the Mind website
- The GOV.UK website also has information about what to do after someone dies, such as registering the death and planning a funeral.
- If you have been struggling to cope with stress, anxiety or low mood for more the 2 weeks call your GP Surgery on **01206 250691**.

Please remember the Patient Participation Group does not meet in December.

Sue Mitson - Operations Manager