

West Quay Medical Centre December Newsletter 2018



Christmas Opening Hours

West Quay Medical Centre

Friday 21st December
08:00 – 18:30

Monday 24th December
08:00 – 18:30

Tuesday 25th December
Closed

Wednesday 26th December
Closed

Thursday 27th December
08:00 – 18:30

Friday 28th December
08:00 – 18:30

Monday 31st December 2018
08:00 – 18:30

Tuesday 1st January 2018
Closed

Rhoose Medical Centre

Friday 21st December
08:20 – 12:00

Monday 24th December
08:20 – 12:00

Tuesday 25th December
Closed

Wednesday 26th December
Closed

Thursday 27th December
08:00 – 18:30

Friday 28th December
08:00 – 18:30

Monday 31st December 2018
08:00 – 18:30

Tuesday 1st January 2018
Closed

Choose Pharmacy Do you need to see a doctor today?

If you think it's...

indigestion, constipation, diarrhoea,
piles, hay fever, head lice, teething,
nappy rash, colic, chicken pox,
threadworms, sore throat, athlete's
foot, conjunctivitis, mouth ulcers,
cold sores, acne, dermatitis, verruca,
back pain, ingrowing toenails,
vaginal thrush, oral thrush, scabies.

Your Pharmacist can provide free
confidential advice and treatment
without you having to make an
appointment to see your GP.



When we are closed

Choose Pharmacy – See your local
pharmacy for free treatment for the
common ailments listed to the left

A&E wait time checker -

<http://www.choosewellwales.org.uk/await>

**Unsure of the best way to treat your
symptoms?**

Use the NHS symptom checker:

<http://www.nhsdirect.wales.nhs.uk>

0845 46 47

Choose Well Wales:

<http://www.choosewellwales.org.uk/home>

Out of hours service:

For urgent medical advice when we
are closed contact the Out of Hours
team on 01446 729562



Repeat Prescriptions over the Christmas period

It is important to make sure you order
and collect your repeat prescriptions
on time to ensure they last you over
the Christmas period whilst we are
closed.

**Please remember prescription
requests take up to 48 working
hours**

Flu Vaccinations

The flu season is still upon us. It is not too late to have your flu vaccination, please contact the surgery to make an appointment.

Symptoms can include headaches, sore throat, aching muscles and a cough

BEAT FLU BEFORE IT BEATS YOU



Flu vaccine is recommended for people most at risk of complications if they catch flu. The vaccine is free for everyone (from 6 months of age) who has:

- diabetes
- a long term chest condition such as chronic obstructive pulmonary disease (COPD)
- moderate or severe asthma
- a chronic heart condition
- chronic liver disease
- kidney disease (from stage 3)
- a body mass index (BMI) of 40 or more (adults only)
- had a stroke or a mini stroke, or have another neurological disorder
- an immune system that isn't working well
- had their spleen removed or have a spleen that isn't working very well

It is also recommended and free for people who are:

- care home workers
- pregnant
- aged 65 or over
- living in a long stay care home
- carers (unpaid)
- community first responders
- members of recognised voluntary organisations who provide planned emergency first aid at organised public events.

A free nasal spray flu vaccine is also recommended for all children aged 2 or 3 years (age on 31 August 2018) from their GP surgery, and all children in primary school from reception class to school year 6 will be offered their vaccine at school.

If you are not sure if you can have a free flu vaccine, ask your GP surgery or local pharmacy for advice.

Health and social care workers with direct patient/client contact are recommended to have a flu vaccine to protect them, and the people they care for. Speak to your employer for further information.



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Christmas at West Quay

Thank you to our Healthcare Assistants for our annual Christmas display at West Quay!

We would like to wish all of our patients a merry Christmas and a happy new year



4 IN 10 CANCER CASES IN WALES CAN BE PREVENTED...



Top tips for staying healthy this Christmas

Try not to get stressed! Christmas is meant to be an enjoyable time of the year

Try not to sit down all day, the more activity the better, since we consume around 3000 calories eating our Christmas dinner!

Be aware of how much alcohol you are consuming

Drink alcohol in smaller glasses i.e. half a pint or have a small glass of wine. Why not try to alternate alcoholic drinks with soft drinks?

LET'S BEAT CANCER SOONER
cruk.org/prevention



United Goodwill's
Cardiff Health Cancer Centre
Wales Cancer Intelligence
and Surveillance Unit

