



# The Patients Report

The Orchid House Surgery • PPG Led Newsletter • December Edition



## Keep Warm, Keep Well This Winter



Cold weather can affect your health, especially if you have a long-term condition or are older. Keeping warm helps reduce the risk of illness.

- *Try to keep your home at a comfortable temperature (around 18°C or warmer if possible).*
- *Wear several thin layers, use blankets, and close curtains at night to keep heat in.*
- *Make sure you have enough food and medicines in case of bad weather.*
- *Get your flu and COVID-19 vaccinations if eligible.*
- *Check on friends, family or neighbours who may need extra support.*

If you're worried about heating costs, speak to your local council, you may be eligible for a grant or scheme for extra support. Staying warm is an important step in staying well this winter.

Loneliness can affect anyone, at any stage of life — and it's not always easy to talk about. We want to help by creating a Community Services Directory with details of local groups, activities, and resources that can offer support and connection.

This is a Patient Participation Group (PPG) project, led by a couple of our dedicated members. To make it as useful as possible, we'd love your input.

If you know of any local services, clubs, or activities that could help someone, please share them with us by emailing [oh.ppg@nhs.net](mailto:oh.ppg@nhs.net). Together, we can make it easier for people to find a friendly face and a listening ear.

## The Loneliness Epidemic



## How to avoid trips & falls

As we get older, even minor trips or slips can lead to serious injury — but many falls can be prevented with simple steps.

- Stay active — gentle movement like walking or light exercise improves strength and balance.
- Eat well & stay hydrated — good nutrition and fluids help keep muscles and joints strong.
- Check eyes & ears regularly — clear vision and hearing help with balance.
- Watch your medicines — some can cause dizziness; talk to your GP if you notice side effects.
- Create a safe home — ensure good lighting, remove clutter, use non-slip mats, and install handrails where needed.
- Wear sturdy shoes — shoes with good grip can reduce slips; avoid socks or slippers that slip easily.

Small changes can make a big difference in independence and safety. If you have noticed that you or a loved one are less steady than usual, call the surgery on 01202897000 and speak with a clinician who can refer you to a falls clinic if needed.



## This months featured clinician - Xanthe Grace

### Health & Wellbeing Coach

Health & Wellbeing Coaches help empower patients to make positive changes for healthier living. They assist in behaviour change and focus on improving health related outcomes by working with people to set personalised goals and change their behaviours. If you would like to speak with Xanthe, ask a member of the reception team to book you an appointment.

#### *What is covered?*

- Improved self-management of long-term health conditions
- Positive lifestyle changes
- Good nutrition
- Good sleep hygiene
- Increased physical & relaxation activities
- Management for stress & emotions
- Moving away from unhealthy habits

## Feeling the pressure this Christmas? You are not alone.

Christmas can be a challenging time for many people, at different stages of life. For some, this may be the first year they've found it difficult. For others, Christmas has been hard before, and those feelings may be returning again.

You might usually enjoy Christmas but find you're unable to celebrate it in the way you would like this year. Or you may look forward to certain parts of the season, while finding others stressful or overwhelming.

If you're finding things difficult, please remember that support is available, and you don't have to cope alone.



**Helpline 03001233393**



**Text Service text 'shout' to 85258**



**Text Service text 'YM' to 85258**



**Under 35's Helpline 08000684141**

**SAMARITANS**

**Helpline 116123**



**Helpline for men 0800585858**