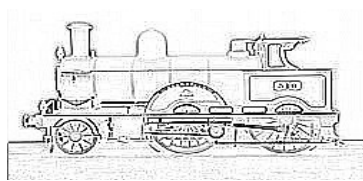


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Welcome to the 19th Issue of our Newsletter; we hope you will find it informative. If you have any comments or suggestions on what we should include in the future releases, please let us know via the feedback form on our website at [www.oldstationsurgery.co.uk](http://www.oldstationsurgery.co.uk) or via reception team at any of our 3 sites



### Content:

1. **Stay well this winter**
2. **Friends and Family Tests results**
3. **GP Practice Long service staff awards**
4. **Season's greetings**

### Upcoming Surgery Closures

All of our surgeries will be **closed from 16.30** on **Wednesday 24th and 31st December.**

We will re-open next working day at usual time of 8.00am.

Please ensure you have ordered and collected any necessary prescriptions before closure, remembering to allow at least 48 hours from the time of your request.

### **PPG Meeting Date:**

Next PPG Meeting date will be confirmed in due course.

**All Welcome!!!**

### Stay well this winter

Winter conditions can worsen existing health problems, especially for people aged 65 and over, or those with heart disease, kidney disease, chronic obstructive pulmonary disease (COPD), asthma or diabetes. Being cold can also cause your blood pressure to rise, potentially increasing the risk of strokes and heart attacks.

#### **Keep warm**

Keeping warm during winter can help prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression. Age UK and UK Health Security Agency suggest heating your home to a temperature that is comfortable for you. This should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom.

You can reduce draughts by fitting draught excluders around doors, or using an old towel to cover gaps. Keep your bedroom windows closed at night and wear several layers of thin clothing, which will keep you warmer than one thick layer. Make sure you're eating enough and having hot drinks.

#### **Financial support**

There are grants, benefits and advice available to help make your home more energy efficient, improve your heating or manage energy bills. You can check what benefits you might be eligible for at: [gov.uk/benefits-calculators](http://gov.uk/benefits-calculators)

Find out what support is available to help with bills and costs at [gov.uk/cost-of-living](http://gov.uk/cost-of-living). You can get further advice at [ageuk.org.uk](http://ageuk.org.uk) or by calling **0800 169 6565**.

#### **Keep active**

Regular exercise can improve your physical and mental health, reduce your risk of falling, and help with recovery if you do get ill. Try to reduce the time you spend sitting during the day.

There are many activities you can do at home to keep active. For tips and ideas, visit [nhs.uk/KeepActive](http://nhs.uk/KeepActive) or [ageuk.org.uk/active](http://ageuk.org.uk/active)

#### **Managing winter illness**

If you do become unwell, you can manage symptoms by staying warm, resting, drinking plenty of fluids, and eating at least one hot meal a day to keep your energy levels up.

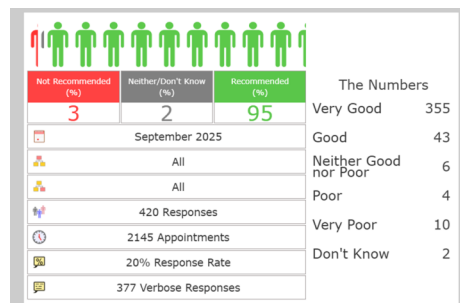
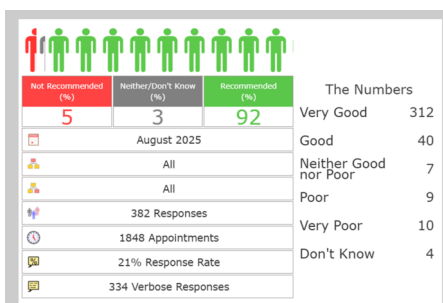
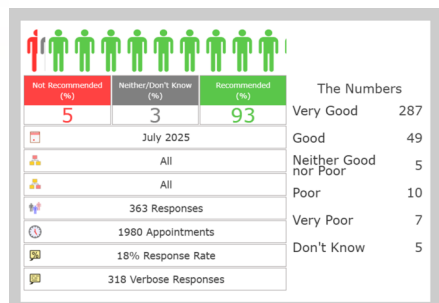
Many over-the-counter medicines, including paracetamol and ibuprofen, can relieve symptoms of common winter illnesses such as colds and earache.

Pharmacists can offer advice and treatments for a range of illnesses, such as coughs, colds, sore throats, ear infections and aches and pains. Find your local pharmacy at [nhs.uk/find-a-pharmacy](http://nhs.uk/find-a-pharmacy)

## Your Feedback- Friends and Family Test July-September 2025

Listening to the views of patients and staff helps identify what is working well, what can be improved and how. The FFT asks patients if they would recommend the services they have used and offers a range of responses which are collated and publicised within our practice and also shared with NHSE. We are very grateful to all of you who took time to submit your answers and provided us with your feedback. We were pleased to receive all of your responses. The results for July-September 2025 are presented in the below graphs

These results can also be viewed on our website at [www.oldstationsurgery.co.uk](http://www.oldstationsurgery.co.uk) and across all of our 3 sites in the main waiting area.



## GP Practice long service staff awards

The Derbyshire General Practice Awards aim to honour and celebrate the unwavering dedication of individuals who have devoted 25 years or more of their careers to the NHS. These awards serve as a heartfelt acknowledgment of the exceptional commitment and contributions made by those who have served in Derbyshire General Practice.

We are proud to announce that several members of our team have this year received this award and were extremely grateful for their contributions to our practice and patients. Those who receive their awards are:

Dr Janice Thomson (30 years of service), Dr Maggie Fardon (25 years of service), Eileen Wheatley (30 years of service), Caren Eaton (30 years of service), Debbie Wheeler (25 years of service) and Joanne Johnson (25 years of service)



## Season's Greetings from All at Old Station Surgery

**We would like to wish All of our patients and their families joy, health and prosperity in the coming year!**

**Merry Christmas**

