

Wear shoes with a good grip if you need to go outside.

When you're indoors, try not to sit still for more than an hour or so. Get up, stretch your legs and make yourself a warm drink.

Have your heating and cooking appliances checked by a Gas Safe registered engineer to make sure they are operating safely.

Contact your water and power suppliers to see if you can be on the Priority Services Register, a service for older and disabled people.

For more information about how to stay warm and well in winter visit Age UK's website [www.ageuk.org.uk/winterprep](http://www.ageuk.org.uk/winterprep) or call **0800 587 0668**.



Autumn/Winter 2016

*Welcome to*



Visit our website at [www.oakfieldshealthcentre.co.uk](http://www.oakfieldshealthcentre.co.uk)

### The Flu Vaccination.....who should have it and why

Flu can affect anyone but if you have a long-term health condition the effects of flu can make it worse even if the condition is well managed and you normally feel well. You should have the free flu vaccine if you are:

- pregnant

all pregnant women should have the flu vaccine to protect themselves and their babies. The flu vaccine can be given safely at any stage of pregnancy, from conception onwards.

or have one of the following long-term conditions:

- a heart problem
- a chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma
- a kidney disease
- lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
- liver disease
- had a stroke or a transient ischaemic attack (TIA)
- diabetes
- a neurological condition, e.g. multiple sclerosis (MS), cerebral palsy or learning disability
- a problem with your spleen, e.g. sickle cell disease, or you have had your spleen removed
- are seriously overweight.

## Who should consider having a flu vaccination?

All children and adults who have any condition listed previously, or who are:

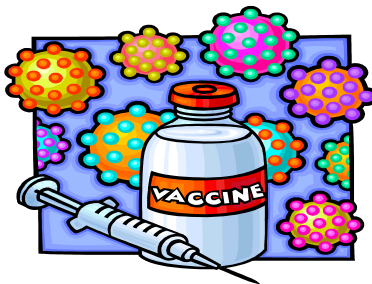
- aged 65 years or over
- living in a residential or nursing home
- the main carer of an older or disabled person
- a household contact of an immunocompromised person
- a frontline health or social care worker
- all children two, three or four years of age, i.e. born between 1 September 2011 and 31 August 2014 (given in the practice)
- all children in school years 1, 2 and 3, i.e. born between 1 September 2008 and 31 August 2011 (given at school)

## Flu Clinics

### **Don't forget your Flu Injection or Nasal Spray for children!**

Flu clinics are being held at the practice from mid-September for adults and October onwards for children, keep an eye out for posters in the practice and on our website....

Please call at reception to book an appointment.



## Top tips for keeping warm and well this winter

Cold weather can be bad for our health, especially for people aged 65 and older. As we age it takes longer to warm up, which raises the risk of increased blood pressure, heart attacks and strokes.

There are easy things you can do to help yourself stay healthy over the winter:

### **Keep warm**

Heat your home to at least 18°C (65°F). You may prefer your main living room to be slightly warmer.

Keep your bedroom window closed on a winter's night.

Breathing in cold air can increase the risk of chest infections.

### **Get financial support**

There are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills. View the Keep Warm Keep Well booklet online to learn more [www.gov.uk/phe/keep-warm](http://www.gov.uk/phe/keep-warm).

### **Look after yourself**

Contact your GP to get your free flu jab if you are aged 65 or over, live in a residential or nursing home, or are the main carer for an older or disabled person. NHS Choices provides information about flu. Visit [www.nhs.uk/flu](http://www.nhs.uk/flu) to learn more.

Don't delay in getting treatment for minor winter ailments like colds or sore throats. Visit your local pharmacist for advice on treatment before it gets worse so you can recover quicker

Layer your clothing whether you are indoors or outside. Wrap a scarf around your mouth to protect your lungs from the cold air.