



# River Wey Medical Practice Newsletter

Farnham Centre for Health Hale Road, Farnham, GU9 9QS Phone 01252 737387

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## Season's Greetings!



The Partners and staff at River Wey Medical Practice would like to wish all our patients a Merry Christmas and Happy New Year in the coming festive season!

## Christmas Opening Hours

Monday 24th December	Christmas Eve: Open as usual 8am – 6.30pm
Tuesday 25th December	Christmas Day: Closed
Wednesday 26th December	Boxing Day: Closed
Thursday 27th December	Open as usual 8am – 6:30pm
Friday 28th December	Open as usual 8am – 6:30pm
Saturday 29th December	Closed
Sunday 30th December	Closed
Monday 31st December	Open as usual 8am – 6:30pm
Tuesday 1st January 2019	New Year's Day – Closed
Wednesday 2nd January 2019	Open as usual 8am – 6:30pm



## Repeat Prescription Reminder

**With reduced surgery and pharmacy opening times this holiday period, don't forget to order your repeat prescriptions in time to avoid running out of your medication.**

## Stay Well This Winter

The *Stay Well This Winter* campaign is a joint initiative from NHS England and Public Health England, to help people with long-term health conditions and those over 65 prepare for winter and ward off common winter illnesses. Winter can be seriously bad for the health of these people, increasing the risk of blood pressure, heart attacks and strokes. There are a number of things you can do to prepare against the cold weather:

- At the first sign of a cough or cold, get immediate advice from your pharmacist before it gets more serious
- Speak to your pharmacist about medicines you should have in stock over winter
- Pick up prescription medications before the Christmas holidays start as many GPs and pharmacies will close over the holidays
- It is important to keep warm in winter, so heat your home to at least 18°C (65°F), if you can, you might prefer your living room to be slightly warmer
- Make sure you get your flu jab

Try something new!  
Contact our doctors online [GET STARTED NOW](#)

- 1 Send us details about your condition
- 2 A doctor decides on the best treatment for you
- 3 We ring you back with advice, prescription or an appointment

Patients may find the answers to their problem or been signposted to other local services for minor conditions when completing the GP devised questionnaire.

You can also use e-consult to submit administrative requests such GP letters, test results and sick notes.

Our GP's can process 2-3 e Consults in the same time it takes to conduct a face to face appointment.

Here are some of the reviews our patients have left after using the service;

*"Easy, quick got to speak to one of my Drs. I'm not able to get to appointments easily in term time due to job role so this was excellent. "*

*"My work hours do not overlap with your opening hours so this is much more convenient. "*

*Efficient and effective use of my and GP and other health professionals time"*

**If you need help when the surgery is closed over the Christmas and New Year period please call NHS 111 or visit [www.nhs.uk](http://www.nhs.uk)**

