



### Your Doctors

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### OPENING TIMES

8AM—6.00pm

Dispensary 9am—5pm

Closed Saturday & Sunday

Enhanced Access Monday  
& Tuesday evening, by  
pre-booked appointment  
only.

Call 111 for medical  
advice & direction: 999  
for life threatening  
emergencies.

### When to call 999?

You should always call 999  
in a life-threatening  
emergency: heavy  
bleeding, chest pain,  
collapse or losing  
consciousness, extensive/  
major burns, sudden facial  
or limb weakness, seizures,  
spinal injury, floppy unwell  
infant, severe allergic  
reaction, poisoning or  
overdose, headache with  
loss of consciousness all  
need 999. Unsure what to  
do, dial 111 to be directed.

### STAFF NEWS



# Winter newsletter

Bradworthy Surgery 2025

## Winter Wellness

### Top 10 tips for winter wellbeing

#### Nutrition and Hydration -

- Eat immune - boosting foods - citrus fruits, leafy greens, garlic, ginger & nuts.
- **Stay hydrated** - Cold air and indoor heating can dehydrate you - drink plenty of water, not just hot drinks.
- **Vitamin D** - Shorter days = less sunlight, consider food like oily fish, fortified cereals or supplements if recommended.

#### Immunity and Illness Prevention -

- **Wash hands often** to reduce flu and cold spread.
- **Keep winter vaccinations up-to-date.**
- **Rest and sleep** - 7 to 9 hrs supports immune function.

#### Movement and Energy -

- **Stay active indoors** - yoga, chair exercises, at the gym, home workouts.
- **Outdoor Exercise safely** - dress in layers, protect extremities, be wary of slippery surfaces.

<https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well>



#### Skin and Respiratory Care -

- **Moisturize to prevent dry**, cracked skin.
- **Use a humidifier indoors** to ease dry air and protect sinuses.
- **Cover nose and Mouth Outdoors** in very cold weather to warm the air you breath.

#### Safety in Cold Weather -

- **Dress in layers** - breathable inner layer, insulating middle, waterproof outer.
- **Protect hands, feet, ears** from frostbite with gloves, warm socks and hats.
- **Limit alcohol outdoors** - it makes you feel warm but increases heat loss

#### Mental Wellbeing -

- **Combat seasonal blues** - get outside in daylight, stay socially connected, and consider light therapy if recommended.
- **Mind Relaxation** - mediation, reading, or hobbies can ease winter stress

Winter Wellness: Why the darker months affect your mood and what you can do to protect your mental health this winter:  
[www.amh.org.uk/winter-wellness](http://www.amh.org.uk/winter-wellness)



## Your Health



**Remember** that older neighbours, friends and family members, may need **extra help** over the winter. **Keep in touch with them, especially if they live alone.** Make sure they're stocked up with enough food supplies for a few days, in case cold, ice or snowy weather stop them from going out.

If they do need to go out in the cold, encourage them to wear shoes with a good grip and a scarf around the mouth to protect them from the cold air, and to reduce their risk of chest infections.

Make sure they get any **prescription medicines before the Christmas holidays start and if bad weather is forecast.** If they need help over the holiday period when the GP practice or pharmacy is closed or they're not sure what to do, **NHS 111 can help.** The service is available online at [111.nhs.uk](https://111.nhs.uk) and also by phone.

By answering questions about their health problem they will be told what to do and where to go. For further advice on how you can help, visit [www.ageuk.org.uk](https://www.ageuk.org.uk) or call **0800 169 6565**



### What is Cancer Care Map?

Cancer Care Map is a simple resource that aims to help find **cancer support services in your local area** wherever they are in the UK.

Visit [www.cancercare.org](https://www.cancercare.org) and insert your **postcode** to find your services near you, from medical Services, to emotional support, health and wellbeing and practical concerns—NHS England

**Out and about during the winter months,** please take steps to help prevent the spread of winter illnesses such as flu and COVID-19. If you are feeling unwell, **it is crucial to stay home** and refrain from visiting hospitals or care homes. Ensure you rest, keep warm, and stay hydrated. **Regular handwashing** is essential, particularly after being in public spaces. If you experience severe symptoms and are uncertain about what to do, consider using NHS 111 online for guidance. Together, **we can protect one another** and

If you have **respiratory symptoms** such as a cough or a sore throat, along with a fever, consider giving social gatherings a miss as it's best to avoid close contact with other people, especially those who are **vulnerable**, such as the **elderly** or those with **weakened immune systems**.

### Feeling under the weather?

**NHS**  
Cornwall and  
Isles of Scilly



#### Catch it

Germs spread easily. Catch coughs and sneezes in a tissue.



#### Bin it

Throw used tissues away as soon as possible.



#### Kill it

Remember to wash your hands regularly.

Respiratory illnesses, including COVID-19, are on the rise. If you feel unwell, try to stay at home and avoid contact with other people.

[UKHSA recommends simple steps to avoid winter bugs this festive season - GOV.UK](https://www.gov.uk)

Help to quit smoking



NHS

Devon

Did you know....

Heart health  
improves in  
2 to 12  
weeks



Within just **12 weeks**, your **circulation improves**, and your heart gets **stronger**. Every smoke-free day helps your body **repair itself**.

Find free NHS Support:

<https://www.nhs.uk/better-health/quit-smoking/>

**Smokefree Devon:** This program provides free support to individuals looking to quit smoking. You can contact them via:

Email: [info@stopforlifedevon.org](mailto:info@stopforlifedevon.org)

Website: [www.stopforlifedevon.org](http://www.stopforlifedevon.org)

Stop Smoking Services in Devon - Smokefree Alliance

## BUDE PAIN CAFÉ

Are you living with chronic pain?  
Or do you know someone who is?  
You are warmly welcomed to join us at the Pain Café.

An informal, friendly, café which encourages people to connect with others, share experiences, and develop new ways to take control of their chronic pain.

We meet at 10am on the second Thursday of every month, in Neetside Community Centre, Bude, EX23 8LB



Socialprescribing.penhbsvenhs.net  
Cornwall & Devon Pain Cafes  
<https://pain.cafe>



# THANK YOU!

For helping us  
to grow our  
Facebook  
page.....

Almost 600 of our  
patients have  
joined our  
page...help us to  
help keep our  
patients  
up-to-date.

TODAY'S TO DO  
LIST....  
Like and share Bradworthy  
Surgery Facebook Page



UK Health Security Agency

## How to keep antibiotics working



**Don't take** antibiotics for  
colds and flu. They won't work

**Don't save** leftover antibiotics  
for later, they don't work

**Take them** as directed by  
your GP, nurse or pharmacist



Scan the  
QR code to  
find out more



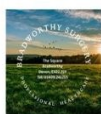
Antibiotics are used to  
treat or prevent some  
types of **bacterial**  
infection.

Antibiotic resistance and  
'superbugs'

The overuse of antibiotics in  
recent years means they are  
becoming **less effective** and has  
led to the emergence of  
'superbugs'

There are some strains of  
bacteria that have developed  
resistance to many types of  
antibiotics.

When it comes to  
antibiotics, take your  
doctor's advice on  
whether you need  
them or not.



**Bradworthy  
Surgery Team  
wish all our  
patients a very  
Happy Christmas  
and New Year**

**Our Surgery will be  
closed on 25th/26<sup>th</sup>  
December 2025 &  
1<sup>st</sup> January 2026.**

