



Prescriptions Are Changing

From 12th March we are joining the nationwide campaign where all prescriptions will be sent electronically to your nominated pharmacy. If you are yet to nominate a pharmacy please let us know before this date.

The aim of this is to streamline the process between surgery and chemist, improve security and reduce EVERYONE'S carbon footprint.



Why we should sit less

Modern society is designed for sitting, as a result we spend more time than ever sitting with many adults in the UK spending around 9 hours a day sitting.

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It is thought excessive sitting slows the metabolism - which affects our ability to regulate blood sugar and blood pressure and metabolise fat.

It is strongly recommended that we break up long periods of sitting time with activity. If you would like to read more about why we should sit less please [click here](#)

Tips to reduce sitting time:

- stand when travelling on public transport
- Take the stairs
- stand up whilst on the phone
- walk to a colleague's desk rather than emailing
- swap some TV time for more active tasks or hobbies

For ideas about becoming more active [click here](#)

For tips about staying healthy at work [click here](#)



Random Acts of Kindness - Can Help Improve Mental Health

Research has shown that helping others can be beneficial to our own mental well being. If we are feeling stressed or unwell it can be hard to focus on helping others, but there's lots of evidence that doing something kind will help you as well as the recipient.

Some simple acts of kindness could be:

- Make a cup of tea for a colleague who is under pressure
- Just listening to a friend or colleague in need – you don't have to give a solution
- Send a motivational message to someone you know is struggling

- Give way to another driver who is trying to get out of a busy junction
- Smile and thank the cashier at the till
- Give up your seat to someone who needs it more than you
- Give someone a compliment
- Call a friend that you haven't spoken to for a while to check on how they're doing;
- Help someone with outdoor chores such as mowing or pruning, especially if the person is ill or frail;
- Have a conversation with someone who is homeless – many people who have experienced homelessness say being ignored is one of the hardest things, so acknowledging someone on the street can make a huge difference to their day;

Helping others can be:

A good way to reconnect with old friends and make new ones, growing your network of support for when you need someone to return the kindness you've shown; a way to get or stay more physically active; a distraction from your own worries or anxieties; and a boost to your self-esteem and confidence.

Random acts of kindness can also encourage others to repeat the kind act that they've experienced – it contributes to a more positive community!



Coronavirus (COVID-19): latest information and advice

For the latest information on the outbreak of coronavirus in China, including the current situation in the UK and information about the virus and its symptoms. [Please click here.](#)

DO NOT come to the surgery if you have been to China, Northern Italy, South Korea, Iran, Tenerife, or any AT RISK country in the last 14 days and have a cough, high temperature or shortness of breath or been in close contact with a confirmed case. **Please STAY at home, ring 111 and avoid close contact with people.**
