

NEWSLETTER



Contact Us

General Enquiries

01386 853651

Appointments

01386 853809

Fax

01386 853982

Out of Hours please
phone::

0300 123 3211

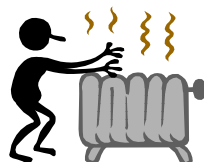
www.barnclose.co.uk

Opening Hours

- Doors open Monday to Friday 08.30-18.30
- Appointments available 08.40-10.50 and 15.00-17.30
- Dispensary 08.45-13.00 and 14.00-18.30
- The surgery is closed at weekends
- Please arrive promptly for appointments and leave enough time to park. Thank you.

Welcome WINTER NEWSLETTER

Thankfully to date we have not experienced the cold weather and snow falls that we did last year. We have had a few cold spells and below are some tips to keep warm and well this winter. The World Health Organisation recommends a temperature of around 21°C (70F for living rooms and 18°C (65F) for bedrooms.



Fit draught proofing to seal gaps around doors and windows.

Make sure your loft and cavity walls are insulated. Funding may be available from your local authority.

Call Act on Energy
0800 988 2881

Winter Fuel Payments

If you have not received your payment, £200 if aged over 60 or £300 if aged over 80 call:-

0845 915 7575

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Make sure you have adequate supplies of medication in case there is a cold snap.

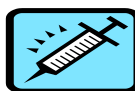
Get your boiler serviced annually by a qualified central heating engineer, have chimneys swept at least once a year to reduce risk of chimney fires.

Try to have an least one hot meal a day.

Check gas and electricity tariffs to see if you could be paying less.

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**FLU DAY – LIFFORD HALL
29th October 2011**



We vaccinated 1200 patients at our clinic. It was a huge success and will be repeated in 2012.

PHYSIOTHERAPY AT BARN CLOSE SURGERY

Gordon Smith continues to run his clinic on a Thursday afternoon at the surgery. The emphasis in modern health care is all about encouraging self-management. The service at the surgery is able to provide expert advice on managing a wide range of musculoskeletal conditions with an emphasis on exercise, postural correction and lifestyle changes. In addition, acupuncture, manipulation and ultrasound can be carried out as part of the physiotherapy management strategy.



**Wear It Pink
28th October 2011**



We raised a grand total of £425.67 towards this worth while cause with wonderful prizes donated by:-

The Russell's, The Lygon Arms, Cotswold Trading, Landmark, Budgens, Surgery Staff and Patients.

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**Dr Billings** has returned from maternity leave following the birth of her second child George.

### CAR PARK

We have re-marked and a disabled slot is now available just outside the back door.

### Useful Contacts

Cheltenham General Hospital: 01242 222222

Citizens Advice: 01386 712101

NSPCC: 0800 800 500

Worcester Royal Hospital : 01905 763333

NHS Direct:: 0845 46 47

Social Services: 01386 421111