



One You Leeds

Jeans feeling a little tight after Christmas? Made a new years resolution to lose weight, start exercising more or give up smoking? Then **One You Leeds** is just what you need.

One You Leeds is a free local healthy living service designed to support Leeds residents to start and maintain a healthy lifestyle.

One You Leeds can help you to:

- Be smoke free
- Manage your weight
- Eat well
- Move more
- Cook well

One You Leeds offers a wide range of free classes throughout Leeds, that can help you to eat better and be more active. For more information, visit www.OneYouLeeds.co.uk

ONE YOU LEEDS

Thank You

We would like to say thank you very much to everyone who gave us gifts at Christmas, they were all very much appreciated.



Surgery Closures

The surgery will be closed on the following **afternoons** for training purposes:

- Thursday 23rd January
- Thursday 6th February
- Thursday 5th March



When calling the surgery after 12pm on any of the above dates, you will be put through directly to the Out of Hours Service. Please be sure to allow plenty of notice for ordering repeat prescriptions.

Please note that Day Lewis pharmacy will remain open on the Thursday afternoons when the practice is closed.

Wasted Appointments in December

Last month, the number of GP & Nurse appointments where the patient did not attend was:

111

This was equal to:

24 hours and 5 minutes



If you are not able to attend your appointment for any reason, please do let us know, so that your appointment time can be used by somebody else.

If you provide us with an up-to-date mobile number, we can send you appointment reminders by text, and you can cancel your appointments by text as well. You can also cancel your appointments using your SystmOnline account.

Dry January

Dry January is a public health campaign urging people to abstain from alcohol for the month of January.

Reasons to try dry

- New year, new you - do Dry January and feel healthier and happier as you sleep better, your skin improves, and you lose weight
- More money in your pocket (the average person spends £50,000 on booze in their lifetime)
- Get healthier - through giving up alcohol for a month you do your insides a lot of good
- Amazing sense of achievement!

For more information, visit www.AlcoholChange.org.uk



The Common Cold—What You Need to Know

A cold is a mild viral infection of the nose, throat, sinuses and upper airways. It's very common and usually clears up on its own within a week or two.

The main symptoms of a cold include:

- a sore throat
- a blocked or runny nose
- sneezing
- a cough

More severe symptoms, including a high temperature (fever), headache and aching muscles can also occur, although these tend to be associated more with flu.

What to do

There's no cure for a cold, but you can look after yourself at home by:

- resting, drinking plenty of fluids and eating healthily
- taking over-the-counter painkillers, such as paracetamol or ibuprofen, to reduce any fever or discomfort
- using decongestant sprays or tablets to relieve a blocked nose
- trying remedies such as gargling salt water & sucking on menthol sweets

Many painkillers and decongestants are available from pharmacies without a prescription. They're generally safe for older children and adults to take, but might not be suitable for babies, young children, pregnant women, people with certain underlying health conditions, and those taking certain other medications. Speak to a pharmacist if you're unsure.

When to see your GP

If you or your child has a cold, there's usually no need to see your GP as it should clear within a week or two.

You only really need to contact your GP if:

- your symptoms persist for more than three weeks
- your symptoms get suddenly worse
- you have breathing difficulties
- you develop complications of a cold, such as chest pain or coughing up bloodstained mucus

It might also be a good idea to see your GP if you're concerned about your baby or an elderly

person, or if you have a long-term illness such as a lung condition. You can also phone NHS 111 for advice.

How can I stop a cold spreading?

You can take some simple steps to help prevent the spread of a cold. For example:

- wash your hands regularly, particularly before touching your nose or mouth and before handling food
- always sneeze and cough into tissues – this will help prevent the virus-containing droplets from your nose and mouth entering the air, where they can infect others; you should throw away used tissues immediately and wash your hands
- clean surfaces regularly to keep them free of germs
- use your own cup, plates, cutlery and kitchen utensils
- don't share towels or toys with someone who has a cold

Do I Need Antibiotics?

Antibiotics are used to treat or prevent some types of bacterial infection. They work by killing bacteria or preventing them from reproducing and spreading. But they don't work for everything. When it comes to antibiotics, take your doctor's advice.

Antibiotics don't work for viral infections such as colds and flu, and most coughs and sore throats.

Many mild bacterial infections also get better on their own without using antibiotics. Taking antibiotics when you don't need them encourages dangerous bacteria that live inside you to become resistant. That means that antibiotics may not work when you next need them most. This puts you and your family at serious risk.

