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| Rossair Family Practice Newsletter |
| Jan 2025 |
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| Welcome back to our practice newsletter after a rather long break!!!! I’m hoping, with the help of the whole practice team, to use it to keep you all informed of local events, health promotion campaigns and lots more.Over the next few months we’ll introduce you to the wider practice team (in no particular order, no favourites here) and explain what they can offer our patients and a little about how their role supports the whole practice.January sees lots of groups recommencing after the Christmas & New Year break so if you’d like more information on:* Chair Based exercise for over 65s
* Carers Hub
* Menopause Support Café
* Mens Support Group

Please contact our GP social work team on 02877766354.**Cervical Cancer Awareness Week, 22nd – 28th January**It’s really important to attend your cervical screening when you receive your invitation. This test checks for a virus called human papillomavirus (HPV), and catching this early can help reduce the risk of cervical cancer developing.Cervical screening is free for anyone with a cervix, between the ages of 25-64. It’s not a test for cancer, but detects a virus called human papillomavirus (HPV). High-risk HPV may cause cellular changes which could develop into cancer over time, although not all cell changes will cause cancer. Regular screening is essential to catch any changes quickly.Some people can be anxious about having a cervical screening test but please do not ignore your smear invite letter. Book an appointment with our nurse.<https://www.cancerresearchuk.org/about-cancer/cervical-cancer/getting-diagnosed/screening/about>[https://www.cancerresearchuk.org/about-cancer/cervical-cancer/getting-diagnosed/screening](https://www.cancerresearchuk.org/about-cancer/cervical-cancer/getting-diagnosed/screening/about) |  | **COMING SOON ……**EARLIER THIS WEEK THE HEALTH MINISTER, MIKE NESBITT, SIGNED OFF ON MAKING THE **FLU VACCINE AVAILABLE TO 50-64 YEAR OLDS.** PLEASE KEEP AN EYE ON OUR WEBSITE FOR FURTHER UPDATES. IF YOU HAD REFUSED THE FLU VACCINE EARLIER IN THE CAMPAIGN AND HAVE CHANGED YOUR MIND PLEASE CONTACT THE PRACTICE ON 02877766354. |
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| **ARE YOU A LOCAL HAIRDRESSER?**Thanks to our practice social work team, funding has been secured to deliver **MENTAL HEALTH FIRST AID TRAINING FOR HAIRDRESSERS.**Spaces are limited to 18 and the course will take place at Roe Valley Arts & Cultural Centre on:**Monday 17th and Monday 24th Feb 9.30am-4pm.**Please contact Dermot on 02877766354 for further information or to book.**New year, new challenges**Thinking of changing your lifestyle for the new year? Whether you’re trying to exercise more, improve your diet or give up a habit, support can make the difference between success and lapsing into old ways. Choose a support link, based on what you’re focusing on:<https://www.nhs.uk/better-health/quit-smoking/><https://www.nhs.uk/better-health/get-active/><https://www.nhs.uk/better-health/lose-weight/>**Dry January**If you’re thinking about a month without alcohol but aren’t sure what to expect, then read on! Over the first few weeks, you’ll find your energy levels increase, you sleep better, your memory improves and you may lose weight.To help keep you on track throughout the month with support, encouragement and goal setting, Dry January has introduced a new app this year, available free on the website.<https://alcoholchange.org.uk/blog/benefits-of-dry-january-and-when-you-can-expect-to-see-them>**Love Your Liver Month**Did you know that 90% of liver disease is preventable? Taking steps towards a healthier lifestyle can help to avoid damage to your liver.The liver is the largest organ in the body, performs hundreds of functions, and has the incredible ability to regenerate, but it’s really important to prevent damage that can become irreversible.Show your liver some love by making a pledge to do something healthy this January.<https://britishlivertrust.org.uk/love-your-liver-month/>**MEET THE TEAM……**Pranisha, our Mental Health Practitioner works in practice Monday & Tuesday afternoons and Wednesday and Friday mornings. Like all our MDT staff you can book an appointment directly without seeing the GP. This frees up GP appointments.Good mental health is just as important as good physical health, and maintaining it should be priority for everyone. Often a few simple things may be all you need to protect your mental wellbeing.Pranisha’s role is to:* Provide an initial assessment
* Advise on management of your mental health
* Offer short term treatment
* Direct you to appropriate services
* Refer you to specialist mental health service, if necessary

TO ARRANGE A FACE TO FACE OR TELEPHONE CONSULTATION PLEASE CONTACT 02877766354. |
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