



# MERRY CHRISTMAS 2022

FROM ALL OF US AT ROBOROUGH SURGERY

## Prescriptions needed over the Christmas period

If your repeat prescription is due between 19<sup>th</sup> December 2022 and 2<sup>nd</sup> of January 2023, please order your prescription by Friday the 16<sup>th</sup> of December to allow the Surgery and the pharmacies enough time to process your prescriptions.

Please be aware that there are likely to be delivery delays from pharmacies that are distance selling. Please contact your pharmacy for more information if needed.

## HOW TO STAY HEALTHY AND WELL THIS WINTER

### **Wash your hands**

One of the most effective ways to stay healthy this winter is to remember to wash your hands. This may seem like a simple step, but it is one of the most effective methods of kill germs that are passed on to you.

### **2. Opt for garlic**

Garlic has been shown to be an intense immune booster, killing off several types of bacteria and viruses. Don't be shy to toss some extra garlic into your sauces, pasta and vegetables. Odourless garlic supplements are also available at most health food stores.

### **3. Boost your vitamin C**

Research has shown vitamin C to be one of the most powerful immune boosting vitamins available. This water-soluble vitamin can be found in oranges, orange juice, broccoli and in other fruits and vegetables as well as in high quality multi-vitamins. Chewable or liquid vitamin C is also available in most health food stores. Ester C (a unique form of vitamin C that is buffered with calcium to increase absorption) is also available in several multi-vitamins or as a single supplement.

### **4. Drink plenty of water**

In order to stay healthy and keep digestion strong, it is important to drink 6-8 glasses of water each day. If you don't feel like drinking cold water, opt for a herbal tea that also offers plenty of anti-oxidant benefits, such as mint tea, green or white tea or berry teas.

### **5. Remember your zinc rich foods**

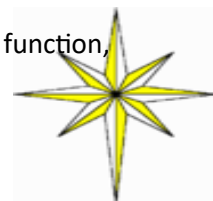
If 'C' is the super immunity vitamin, then zinc wins the prize as the super immunity mineral. The richest food sources of zinc include beef, lamb, pork and salmon and as well as dairy products, whole grains, beans, nuts and nut butters, pumpkin and sunflower seeds. Zinc lozenges are also widely available (and very effective for sore throats) in most health food stores.

### **6. Avoid overdoing it on refined flours or sugars**

Too much white sugar and flour will not only contribute to weight gain, but can also crash your immune system. Instead of products with white flours or sugars, substitute breads and baked goods made with whole grains and natural sweets such as fruit or fruit juice.

### **7. Keep active**

Continue your exercise routine through the winter to stay fit, boost your immune system function, decrease stress and keep your weight down.





## **Christmas and New Year Opening times 2022/2023**

Monday 26<sup>th</sup> December 2022 - Closed  
Tuesday 27<sup>th</sup> December 2022 - Closed  
Wednesday 28<sup>th</sup> December 2022 - Normal Surgery Hours  
Thursday 29<sup>th</sup> December 2022 - Normal Surgery Hours  
Friday 30<sup>th</sup> December 2022 - Normal Surgery Hours  
Monday 2<sup>nd</sup> January 2023 - Closed  
Tuesday 3<sup>rd</sup> January 2023 - Normal Surgery Hours

## **Information for Help and Support**

### **Plymouth Soup Run**

Plymouth Soup Run

Day Lead Team Coordinator; Sunday: Shekinah: Hilary Knight: 01752-404134

info@plymouthsoupun.org.uk; Monday: Hope Baptist Church: souprun@hopebaptist.co.uk

**Shekinah Mission** Christmas lunch 14<sup>th</sup> December 2022 at 1200, 1300, 1400 hours  
is available to individuals who are homeless, living in a bed and breakfast or hostel.  
Please contact to book a place 01752 203480.

### **Cost of living | PLYMOUTH.GOV.UK**

Cost of living | PLYMOUTH.GOV.UK

Do you need help due to the rising cost of living? Find out what support is available in Plymouth.  
www.plymouth.gov.uk

### **Patient Participation Group (PPG)**

The practice is committed to improve the services we provide to our patients. To do this, it is vital that we hear from people about their experiences, views and ideas for making the services better. By expressing your interest, you will be helping us to plan ways of involving patients that suit you. It will also mean we can keep you informed of opportunities to give your views and up to date developments within the practice. If you are interested in getting involved, please let reception know.





