

The De Parys Group

WINTER NEWSLETTER

2025

NHS How to Keep Well Over Winter

To stay well over winter, the NHS recommends the following steps:

Get vaccinated: Flu and COVID19 vaccinations are crucial for reducing the risk of severe illness.

Stay Warm. Ensure your home is heating to a comfortable temperature, especially if you have a health condition.

Eat well. Maintain a balanced diet rich in fruits, vegetables and whole grains to support your immune system.

Sleep enough: Aim for at least 7 hours of sleep per night to maintain good immune function.

Stay Active. Engage in regular physical activity to boost your energy levels.



The Daffodil Awards 2025.

Surgery Closed Dates for Staff Training

14.30—18.30

November 19th '25

January 22nd '26

February 26th '26

March 25th '26

Surgery Closed Dates for Festive Period

25th December '25

26th December '25

1st January '26

The De Parys Group Surgeries
Enhanced Services Centre
Church Lane
Bromham

Look in on vulnerable neighbours and relatives

Remember that other people, such as older neighbours, friends and family members, may need some extra help over the winter. There's a lot you can do to help people who need support.

Icy pavements and roads can be very slippery, and cold weather can stop people from going out.

Keep in touch with your friends, neighbours and family and ask if they need any practical help, or if they're feeling unwell.

Make sure they're stocked up with enough food supplies for a few days, in case they cannot go out.

If they do need to go out in the cold, encourage them to wear shoes with a good grip and a scarf around the mouth to protect them from cold air, and to reduce their risk of chest infections.



Make sure they get any prescription medicines before the holiday period starts and if bad weather is forecast.

If they need help over the holiday period when the GP surgery or pharmacy is closed or they're not sure what to do, go to [nhs.uk](https://www.nhs.uk) or call 111.

If you're worried about a relative or elderly neighbour, contact your local council or call the Age UK helpline on [0800 678 1602](tel:08006781602) (8am to 7pm every day). You can [find your local council on GOV.UK](https://www.gov.uk).

Call 999 if you or someone else have any of the following symptoms:

- **Signs of a heart attack:** chest pain, pressure, heaviness, tightness or squeezing across the chest
- **Signs of a stroke:** face dropping on one side, cannot hold both arms up, difficulty speaking
- **Sudden confusion (delirium):** cannot be sure of own name or age
- **Suicide attempt:** by taking something or self-harming
- **Severe difficulty breathing:** not being able to get words out, choking or gasping
- **Choking:** on liquids or solids right now
- **Heavy bleeding:** spraying, pouring or enough to make a puddle
- **Severe injuries:** after a serious accident or assault
- **Seizure (fit):** shaking or jerking because of a fit, or unconscious (cannot be woken up)
- **Sudden, rapid swelling:** of the lips, mouth, throat or tongue
- **Labour or childbirth:** waters breaking, more frequent intense cramps (contractions), baby coming, or just born

British Sign Language (BSL) speakers can [make an emergency call using the 999 BSL video call service](#).

Deaf people can use 18000 to contact 999 using text relay..



MacMillan Coffee Morning



Wear it Pink for Breast Cancer



Flu/Covid Saturday Clinic



MacMillan Coffee Morning



Wear it Pink for Breast Cancer



Daffodil Awards

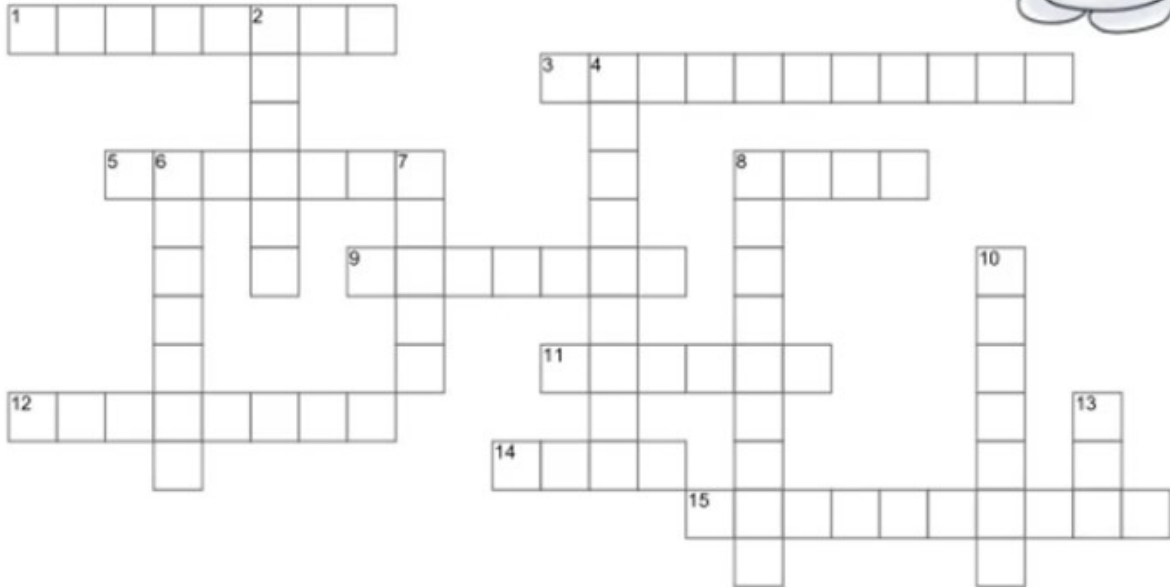


MacMillan Coffee Morning



Wear it Pink for Breast Cancer

WINTER CROSSWORD



ACROSS

1. Severe snowstorm
3. It tells how cold is outside
5. These keeps your hands warm
8. The ground is covered by this every Winter
9. Winter month
11. A garment for the upper body
12. Month that winter starts
14. For coasting down snow-covered hills
15. A feathery ice crystal that falls from the sky

DOWN

2. Regions around the North Pole
4. Spending the winter in a dormant state
6. Hanging piece of ice formed by the freezing of dripping water.
7. Keeps your neck warm
8. Shake from being in the cold
10. Have a carrot for a nose
13. Covers ponds and lakes

