

JANUARY

Newsletter

URGENT ACCESS HUB.

The Urgent Access Hub is a service that has been developed to support Primary Care throughout winter. Following your medical request with us, you may be asked to attend an appointment at The Ironstone Centre. The service is currently operational between January and April 2024.

NHS

Vomiting and diarrhoea?



Stay hydrated



Take paracetamol if needed



Prevent spread



Stay at home until 2 days after symptoms stop

There's no specific cure for stomach bugs like **norovirus**. Treat yourself at home while the virus runs its course.

Norovirus is a stomach bug that causes diarrhoea and vomiting.

Cases are rising, so if you catch norovirus, it's important to rest and have plenty of fluids.

Find out more advice here [nhs.uk/norovirus](https://www.nhs.uk/norovirus)

STOP SMOKING AND GOOD THINGS HAPPEN



You'll feel healthier
and soon be taking
the stairs instead

Make 2024 the year you quit

Quit smoking this January

When you quit smoking, good things start to happen and you can begin to see almost immediate improvements to your health.

It's much easier to quit when you get the right support and there are lots of options to choose from. Check out alcoholchange.org.uk for the free tools and tips to help you stay on track.

Let's do this and make 2024 the year you quit. Many people try to quit smoking with willpower alone, but it's much easier to go smoke-free with the right help.

If you've tried to quit before, think about what methods worked for you and what you might want to do differently. The key is not to give up, try different combinations until you find the one that works for you.



DRY JANUARY®

by Alcohol Change UK

Be part of Dry January®

dryjanuary.org.uk

What is Dry January 2024?

Dry January 2024 marks the latest installment of this month-long challenge, inviting individuals to take a break from alcohol and embrace a sober start to the year. It's an opportunity to reset your relationship with alcohol, reflect on your drinking habits, and experience the physical and mental benefits of sobriety.

How to Participate in Dry January 2024?

Participating in Dry January is a personal commitment that can have lasting positive effects on your health and well-being. Here's how you can get involved:

- **Make a Pledge:** Declare your intention to participate in Dry January and set a goal to abstain from alcohol for the entire month.
- **Seek Support:** Share your commitment with friends and family, and encourage them to join you on this alcohol-free journey.
- **Stay Hydrated:** Drink plenty of water and non-alcoholic beverages to stay hydrated and support your overall health.
- **Track Your Progress:** Keep a journal to record your experiences, emotions, and any positive changes you notice during the month.