



Getting your **'flu** and **Covid** vaccinations are two of the best things you can do to help keep you and others around you safe this winter

The flu vaccine is free if

- you have a learning disability
- are aged 65 or over
- already have a health problem
- are pregnant

The Covid vaccine is available to

- Those who are 75 years or older
- Those who are immune suppressed

Contact the surgery to make your appointment

JOIN YOUR PPG!

To support the Surgery and its patients the PPG always needs new members

Join us as an ACTIVE member

or

as a VIRTUAL member through an email link

TO FIND OUT MORE PLEASE CONTACT

Margaret Booth

margaret_booth@btinternet.com

For further information about the PPG check us out on the Falkland House Website

Next meeting:

Tuesday January 27th 2026

6-8pm

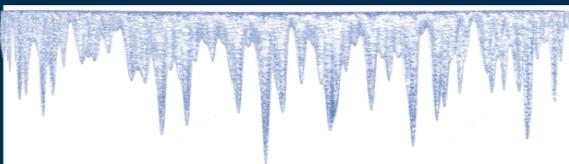
Falkland House Surgery

Falkland House Surgery

**PATIENT
PARTICIPATION
GROUP**

**Newsletter
Winter
2026**





Staying Well in Cold Weather

Some people are more vulnerable to the effects of cold weather

- Those aged 65 & older
- Babies & children under the age of 5
- Those on a low income [so cannot afford the heating]
- Those who have a long-term health condition
- Those with a disability
- Pregnant women
- Those with a mental health condition

Advice for staying warm

- Keep your home heated to 18 deg.
- Keep your bedroom windows closed
- Keep active when indoors
- Wear several layers of clothing
- Eat one hot meal a day

For advice on help with heating costs contact

Citizens advice tel: 0800 448 0721

<http://citizensadvice-sheffield.org.uk/>



Look in on Vulnerable Neighbours and Relatives

- 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 are feeling unwell
- Make sure they are stocked up with enough food supplies for a few days, in case they cannot go out
- If they do need to go out, encourage them to wear shoes with a good grip and 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 you run out if bad weather is forecast
- If you are worried about a relative or elderly neighbour, call the Age UK helpline on 0800 678 1602 [8am to 7pm every day]
- If you are concerned the person may have hypothermia, go to 111.nhs.uk or call 111



There are other vaccines you only need to get once to be protected

- If you are aged 65 or over or have certain health problems, you may be able to get vaccines to help stop you getting pneumonia and shingles
- And if you are aged between 75 and 79 you can get a vaccine for a disease called Respiratory syncytial virus [RSV]



Our Christmas Quiz

was a great success again this year, raising over £1000 which will be shared between

- The Archer Project
- Rosemary Memory Café , Bents Green
- Falkland House Surgery Patient Support

A BIG THANK YOU TO ALL WHO TOOK PART

There were 21 correct entries

