The best treatment for colds and flu is to rest and drink plenty. All sorts of treatments can be bought from the chemist that will alleviate the symptoms but won’t necessarily speed up your recovery. Antibiotics won’t help as colds and flu are viruses: antibiotics only work for bacterial infections.

You can book for your flu jab with a nurse at Asplands, or just turn up at the Woburn Sands chemist, which is now registered to provide the NHS vaccine. Boots the Chemist and the Tesco pharmacies also offer this service.

If you are unable to get to the surgery or chemist for your vaccination, please call Helping Hands in Aspley Guise (079234 90001). They may be able to arrange transport.

Can you be a ‘Good Neighbour’?

Helping Hands Woburn Sands are looking for more volunteers to help to form a steering group so that the scheme can be officially launched.

Practical volunteers are also needed, so if you have a little spare time perhaps you can help fellow residents in need of a bit of extra care or assistance. Typical tasks will include giving people a lift to the doctors’ surgery, helping with shopping, changing a light bulb, or calling in for a cup of tea and a chat. All volunteers will be fully insured and DBS checked and the group’s help is free except for expenses such as petrol or parking.

Although the local group will be run by local people, it will be supported by Bedfordshire Rural Communities Charity (BRCC) - who have already launched 40 such schemes throughout the county. So there will be plenty of help and advice in setting up the steering group as well as ongoing assistance with promoting the scheme and dealing with enquiries.

As Mike Fayers of BRCC points out, “Nothing can happen until we have a steering group in place so if you feel you can help please get in touch with me on 01234 832619 or by email at mikef@bedsrcc.org.uk for more information.”

Helping Hands in Aspley Guise

If you or someone you know needs help - for example transport somewhere locally, changing a light bulb, or walking their dog occasionally, Helping Hands in Aspley Guise may be able to help. Phone 079234 90001 and leave a short message with your name and phone number and someone will get back to you. All volunteers are DBS checked.

Smoke Alarms

The Fire Service has recommended that batteries should be checked regularly and smoke alarms be replaced after 10 years. If anyone you know is unable to do this, phone Helping Hands in Aspley Guise.

If you need to replace your smoke alarm, the Fire Service recommends a ‘Fire Angel’, which can be purchased from larger DIY outlets.
Milton Keynes Cancer Patient Partnership (MKCPP)

Are you having or recovering from cancer treatment, or caring for someone who is? MKCPP can provide help. They have a website that provides up to date local information on everything connected with the cancer journey, including an extensive directory of cancer and rehabilitation resources in and around our area.

www.mkcpp.org

Carers

Does someone you support or care for depend on you? Plenty of help is available.

Carers in Bedfordshire
Call Sally or Lisa on 01767 315079

Carers MK
Supporting carers of people with an illness or disability who otherwise could not manage without them

Young Carers Milton Keynes
Support for young people caring for an adult
Margaret Powell House
439 Midsummer Bvd, MK9 3BN
Phone 01908 231703
Email mail@carersmiltonkeynes.org
http://carersmiltonkeynes.org

Carers Trust North Bucks and Milton Keynes (formerly known as Crossroads Care)
Mount Mill,
Stratford Road, MK19 6DG
Phone 01908 260444
Email info@carerstrustnorthbucks.org.uk
http://carerstrustnorthbucks.org.uk

Chronic Obstructive Pulmonary Disease and Asthma

If you would like to learn more about self management, or care for someone else with COPD or asthma, you might be interested in the following free Healthier Living seminar:

Ivel Valley 26th October, St John’s Hospice, Moggerhanger 6.30pm-8.30pm

To book a place or find out more information phone 01462 628119

Christmas Opening

The surgery will be closed for Christmas from Saturday 23rd – Tuesday 26th. Open as normal on the 27th. For New Year the surgery will be closed on 30th December and 1st January. There will be no Saturday morning appointments. The emergency number for out of hours help is 111 (a free number).