

## Season's Greetings from Milton Keynes CCG

Winter is upon us and with it comes inevitable additional pressure on the NHS and social care. Working in partnership across the health and social care system enables us to deal with the fluctuations in demands for services over the winter period as we aim to keep people safe, well and cared for within their own homes. When hospital admissions do occur, we want to ensure that people are seen by the right professionals at the right time so that they can get back home as soon as possible to improve recovery and retain independence.

**We would like to take this opportunity to wish all our stakeholders, partners, patients and friends a happy and healthy Christmas and New Year.**



**Matt Webb**  
Accountable Officer



**Dr Nicola Smith**  
GP Chair

### What are we doing to support people in Milton Keynes to Stay Well this winter?

#### Local runners advise on sprains

We're focussing on helping people under 30 to learn about self-care for sprains after local research identified it as one of the main culprits of self-treatable-conditions presenting at A&E in Milton Keynes. We've teamed up with local running club, Redway Runners, to create some short films about how to self-care for sprains and where to go if you need treatment. Watch the films [on our website](#).



#### Top Tips for Winter Wellness



Public Health Specialty Registrar, Dr Samantha Gale, has shared her Top Tips for Staying Well over Winter. Dr Gale talks about the importance of keeping warm, getting your flu jab, keeping an eye on elderly or vulnerable neighbours and ensuring your medicine cabinet is stocked up. Watch the film [on our website](#).

## Winter warmer recipes



A tasty and healthy winter is in store for Milton Keynes residents thanks to a new NHS 'winter warmers' recipe book. The book, which not only includes a number of recipes for nutritious and delicious dishes, but is also packed with helpful advice and information on staying well this winter including details around getting the flu vaccine, keeping homes warm, accessing urgent care and using 111 is [available on our website](#).

Celebrity cook Ella Mills, known worldwide as Deliciously Ella, has supported the book and has produced two recipes for it, one of which is a special Christmas recipe.

## Healthy 'elfy advent calendar countdown!

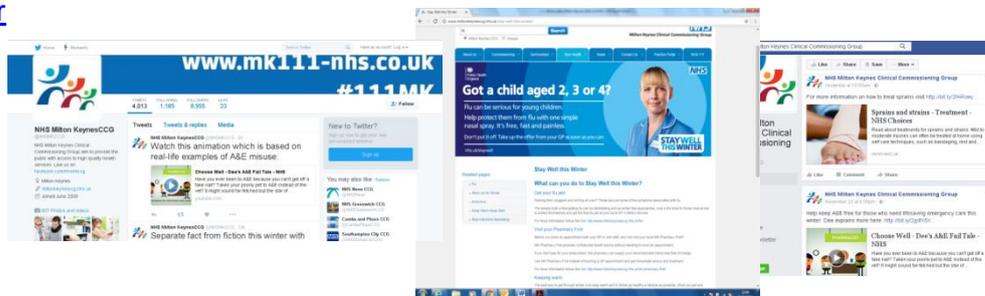
To help people use local health services wisely over the Christmas period we've created our own animated advent calendar featuring a helpful elf, who offers advice, tips and messages about staying 'elfy' this Christmas.

The online calendar provides a fun way of accessing information about how to stay well in the cold weather such as keeping in control of any long term conditions, remembering repeat prescriptions and getting the flu jab. The calendar offers information about the range of health services such as NHS 111 and local pharmacy. [See the calendar here](#).



## New 'Stay Well' webpage and keeping people connected through social media

A dedicated 'Stay Well this Winter' page on the CCG website has been developed to host all winter information and resources. We are sharing our winter animations, advice, films and information through our social media channels [www.miltonkeynes.nhs.uk/stay-well-this-winter](http://www.miltonkeynes.nhs.uk/stay-well-this-winter)



## GP appointments available 8am to 8pm seven days a week\*

Some of our GP practices are offering extended opening hours at evenings and weekends. Speak to your GP practice receptionist about getting the right appointment for you  
\*subject to participating practices

## Urgent Care Centre

For when you need urgent treatment but it's not life-threatening – MK Urgent Care Centre, Hospital Campus, Standing Way, MK6 5NG. Tel: 01908 303030

**If in doubt – ring 111**

