

* Flu Vaccinations 2023:

Flu vaccination is important because, while flu is unpleasant for most people, it can be dangerous and even life threatening for some people, particularly those with certain health conditions. The best time to have your flu vaccine is in the autumn or early winter before flu starts spreading. We will be starting to vaccinate in **September/ October** for those who are eligible.

* Coil and Implant clinic:

The surgery is now offering appointments for fitting and removal of implants and coils with Dr Clare Patel. These appointments are on a Friday morning. Please make an appointment with any GP, any day if you are interested in this service.

* Shingles Vaccinations:

If you are aged 70-79 or aged 50 and over with a severely weakened immune system, you can book your shingles vaccinate with the practice nurse. You can also book after your 65th birthday if you turn 65 after September 1st, 2023.

* NHS Health Checks:

The NHS Health Check is a check-up for adults in England aged 40 to 74. It can help spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. The NHS Health Check is a free check-up of your overall health. If you are aged 40-74 and have not had an NHS health check in the last 5 years, please contact the practice to make an appointment.

* Patient Participation Group:

Our PPG group has restarted. This is taking place at the Whinnies Community Gardens on Monday 11th September 2023, 12.30-15.00. A Patient Participation Group (PPG) is a group of volunteer patients, carers and GP practice staff who meet regularly to discuss and support the running of their GP practice. PPGs look at the services the practice offers, patient experience and how improvements can be made for the benefit of patients and the practice. People of all genders, ages, ethnicities, and those with health conditions and disabilities are encouraged to join. If you are interested in becoming a member of our PPG, please contact the surgery for further information.

* Pharmacy First:

Think Pharmacy First! Many pharmacies offer treatment for minor illnesses without having to contact you GP. For example, urinary tract infections, ringworm, hay fever, diarrhoea, indigestion/heartburn, headlice, conjunctivitis and much more. Contact your local pharmacy for more information.