

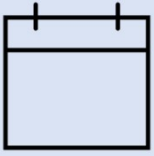
A photograph of the Hingham Surgery building, a two-story brick structure with a red-tiled roof and a prominent gable window. The building is set against a clear blue sky, with a paved area and some greenery in the foreground.

**Welcome to
Hingham Surgery.**

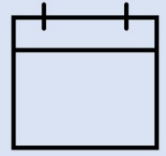
Hingham Surgery Newsletter

*Issue 44
(Spring)*

Our aim is to provide you with a caring, friendly and efficient service and to be approachable and accessible.



Appointment DNA's



In April alone we had 98 appointments that were missed.

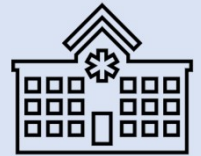
This equated to over 27 hours of clinician time that could have been spent seeing other patients.

We understand that there will be circumstances where you can no longer attend an appointment or may no longer require it.

If this is the case please let us know as we could offer these appointments to other patients.



Staff Changes



We are pleased to announce new starters at the Surgery.

Fiona joined our Admin Team. Bev and Tracey also joined our Reception team;

We will also be wishing Dr Sarah Holland all the best when she leaves the Surgery at the end of June.



Wearing Face Coverings In the Surgery.



We would kindly request that any patient attending with respiratory symptoms wears a face mask.

Please be aware that for your protection and that of others, we may ask you to wear a face mask if respiratory symptoms are observed.



Contact Information

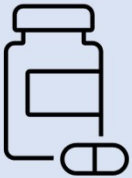


Have you recently updated your contact details?

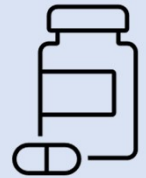
Please make sure you inform us when you update your contact details.
We can then keep our records as up to date as possible.

Can we contact you by text?

If so, please let the receptionist know so we can record your consent on your record.



Prescription Requests.



Please remember that we need at least three FULL working days to process your prescription request.

Please note you are able to order your medication one week in advance before it is due.

Please remember when ordering medication at the weekend or over bank holidays, we still need three complete working days to process your request.

You can request your medication via the NHS App, Online Services and via our website.

If you don't have access to the internet you can call us
after 14:00 on 01953 850237

Urine Samples

We will not accept samples in anything other than our sample pots. These are available from Reception.

Nurses Section

My Type 1 Diabetes



MyType1Diabetes is a free digital resource with tailored support to help adults live well with their type 1 diabetes. Scan the QR code to sign up today or visit <https://www.mytype1diabetes.nhs.uk/>

Healthy Living for people with Type 2 Diabetes

Healthy Living for people with type 2 diabetes is a free online service Designed to help you live well with type 2 diabetes. Get support at home, work, or on the move. Scan the QR code to sign up today or visit www.healthyliving.nhs.uk



Drink less

Cutting back on the booze can be a really effective way to improve your health, boost your energy, lose weight and save money.

Any reduction in the amount you drink every week will be beneficial – and with the right help, it's easier than you think.

Scan the QR code or visit the link below to find out some simple tips and tools to help you start cutting down today.

<https://www.nhs.uk/better-health/drink-less/>



Nurses Section

Breast Screening

NHS breast screening checks use X-rays to look for cancers that are too small to see or feel.

Anyone registered with a GP as female will be invited for NHS breast screening every 3 years between the ages of 50 and 71. You'll get a letter in the post inviting you.



For more information on breast screening in our area, scan the QR code or visit:

<https://www.nnuh.nhs.uk/departments/breast-screening/>

Cervical Screening

Cervical screening (a smear test) checks the health of your cervix. The cervix is the opening to your womb from your vagina.

NHS cervical screening is not a test for cancer, it's a test to help prevent cervical cancer. It saves thousands of lives from cervical cancer each year in the UK. In England cervical screening currently prevents 70% of cervical cancer deaths. If everyone attended screening regularly, 83% could be prevented.

All women and people with a cervix aged 25 to 64 should be invited by letter.

For more information on cervical screening, scan the QR code or visit:

<https://www.nhs.uk/conditions/cervical-screening/>



Nurses Section

Covid Vaccination Programme Update (Spring Booster Campaign)

The Government have announced that the following cohorts will be eligible for a Spring Booster vaccine:

- Those aged 75 years and over (including those turning 75 before or on the 30/06/2023)
- Those aged 5 years and over with a weakened immune system
- Those in Care Homes

Scan the QR code below to read the Government's guide to the COVID-19 Spring Booster Campaign.



Free NHS Apps

Did you know there are several free NHS apps available to better your health. Scan the QR code or go to www.nhs.uk/better-health to find out more.



Active Norfolk

Active Norfolk is the Active Partnership for Norfolk, funded by Sport England to help Norfolk residents to live a healthy and active lifestyle. They offer several activities including Running, Flexibility & Balance, and Exercise classes.

To find out about upcoming activities, scan the QR code or visit <https://www.activenorfolk.org/public/activity-finder/>

