

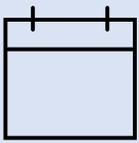


**Welcome to
Hingham Surgery.**

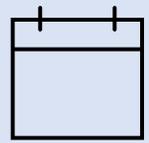
Hingham Surgery Newsletter

*Issue 46
(Autumn)*

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



Appointment DNA's



In August alone we had 104 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.



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?

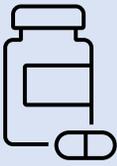
If so, please let the receptionist know so we can record your consent on your record.

We may text you:

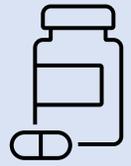
- To send survey/questionnaires which save directly into your record
- With a link so you can send photos to the clinician of your rash or lump for example
- Ask you to update clinicians on your treatment or wellbeing
- Invite you to health screenings or vaccinations
- Send referrals letters or summaries
- Contact you if you miss an appointment e.g. at outpatients
- Contact you if you are not able to answer a phone call
- Send you test results or ask you to call to discuss your results
- Send you general public health messages about COVID 19, flu clinics, mental health or wellbeing services
- In relation to research projects, unless you have objected

You can object at any time by getting in touch with us.

If you share a mobile phone with someone, please be mindful that they may see information about your health.



Prescription Requests.



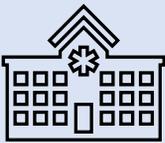
Please remember that we need at least three FULL working days to process your prescription request.

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.

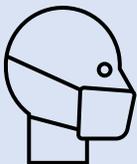
If you don't have access to the internet you can call us after 14:00 on 01953 850237



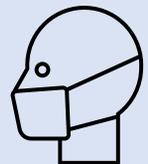
Staff Changes



We are pleased to welcome Dr Jane Williams who has joined our team of GP's and Bev who has joined our Admin Team.



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.

Urine Samples

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

Nurses Section

Flu Vaccination Clinics

Flu Clinics will start at Hingham Surgery at the end of September. We will be offering these separate to Covid Vaccinations, therefore you may receive multiple links via text messages to book your Flu and Covid Vaccinations with us on separate days. We are aiming to do the majority of our Flu Clinics on Saturdays.

If you fall into one of the following groups, please book via online services / NHS App in the first instance or contact Reception to make an appointment:

Eligible patients include all those aged 65yrs and over and those aged 18-64yrs in one of the following groups:

- Those with an underlying health condition
- Pregnant women
- Those in long-stay residential care homes
- Carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- Close contacts of immunocompromised individuals
- Frontline healthcare workers without access to employer led occupational health schemes

Please let us know via the Contact the Practice form on our website if you wish to decline the flu vaccination this year.



Child Flu Immunisation Clinics

Child Flu Clinics will start at Hingham Surgery at the end of September. If your child falls into one of the following groups, please book via online services / NHS App in the first instance or contact Reception to make an appointment:

Eligible children who can get the flu vaccine at their registered GP Surgery include those:

- Born between 01/09/2019-31/08/2021
- Aged 6mths-17yrs with certain long-term health conditions

For more guidance on other eligible groups and where they can get the flu vaccine, please visit- <https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/>



Please let us know via the Contact the Practice form on our website if you wish to decline the flu vaccination this year.



Nurses Section

Covid Vaccination Clinics

Covid Clinics will start at Hingham Surgery at the end of September. We will be offering these separate to Flu Vaccinations, therefore you may receive multiple links via text messages to book your Covid and Flu Vaccinations with us on separate days.

If you fall into one of the following groups, please book via online services / NHS App in the first instance or contact Reception to make an appointment:

Eligible patients include all those aged 65yrs and over and those aged 18-64yrs in one of the following groups:

- Those with an underlying health condition
- Pregnant women
- Those in long-stay residential care homes
- Carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- Close contacts of immunocompromised individuals
- Frontline healthcare workers without access to employer led occupational health schemes

Please let us know via the Contact the Practice form on our website if you wish to decline the Covid Vaccination this time round.



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



Blood Pressure Monitoring

Please remember to return your Home Blood Pressure Monitors on time.

We have a waiting list for these so it's imperative that we have these back in the Surgery so they can be tested and cleaned, ready for the next patient.

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/>



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/>

