

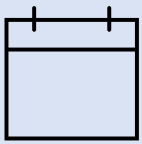


**Welcome to  
Hingham Surgery.**

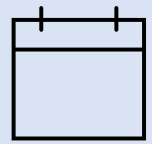
# **Hingham Surgery Newsletter**

*Issue 48  
(Spring)*

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



## Appointment DNA's



In March alone we had 122 appointments that were missed.

This equated to over 31 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?**

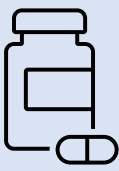
If so, please let the receptionist know so we can record your consent on your record.

We may text you:

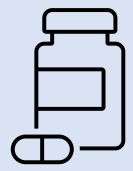
- To send survey/questionnaires which save directly into your record
- With a link so you can send photos to the clinician of your rash or lump for example
- Ask you to update clinicians on your treatment or wellbeing
- Invite you to health screenings or vaccinations
- Send referrals letters or summaries
- 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



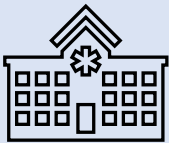
Please remember that we need at least three full working days to process your prescription request.

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

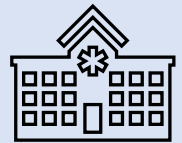
Please also remember to allow enough time when ordering your medications over the Christmas period.

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

Please request your medication via the NHS App, Online Services or via our website where possible. If you are unable to do so, you can call us after 14:00 on 01953 850237.



## Staff Changes



We are pleased to welcome Lucy who has joined our Nursing team.

## Covid Vaccination Clinics

Covid Vaccinations will be offered at Hingham Surgery in May and June. The Spring 2024 Covid Campaign is targeted at:

- Adults aged 75 years and over
- Individuals who are immunosuppressed

If you fall into the above groups, then you are eligible for this vaccination. Please book via online services / NHS App in the first instance or contact Reception to make an appointment as soon as possible.

If you are unable to attend the clinics we are offering, please visit the NHS COVID-19 national booking website or call 119 for something more suitable.

Please let us know via the Contact the Practice form on our website if you wish to decline this offer of the Covid vaccination. This does not prevent you from changing your mind in the future.



# Nurses Section

## 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.

## 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/>

CoppaFeel are the first breast cancer charity in the UK to solely create awareness amongst young people, with the aim of instilling the knowledge and tools they need to get to know their bodies.

For more information about CoppaFeel, scan the QR code or visit:

<https://coppafeel.org/>



For further information on how to check your breasts, scan the QR code or visit:

<https://www.nhs.uk/common-health-questions/lifestyle/how-should-i-check-my-breasts/>

# Nurses Section

## 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/>



If you or someone you know is suffering from cervical cancer, Jo's Cervical Cancer Trust is the UK's leading cervical cancer charity. They provide trustworthy information and support to everyone that needs them, and campaign for the best in cervical cancer prevention, diagnosis, treatment and care.



For more information on Jo's Cervical Cancer Trust, scan the QR code of visit:

<https://www.jostrust.org.uk/about-us>

## HPV

Human papillomavirus (HPV) is the name of a very common group of viruses. They do not cause any problems in most people, but some types can cause genital warts or cancer. HPV affects the skin and there are more than 100 different types.

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

<https://www.nhs.uk/conditions/human-papilloma-virus-hpv/>



## Urine Samples

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

Please also ensure we have your details when handing a sample over. Your sample will not be tested if we do not have your details.

# Nurses Section

## Carers in Norfolk and Waveney

Unpaid Carers of all ages play a vital role in keeping people safe and well at home who would otherwise need ongoing care from local services. Local and national data consistently shows that caring can have a significant negative impact on Carers' own health and wellbeing.



Scan the QR code to see what support and information is available in Norfolk and Waveney. Alternatively, visit <https://improvinglivesnw.org.uk/our-work/healthier-communities/carers-support/>

If you haven't already, let us know you are an unpaid Carer by filling in the Register a Carer form on our website. Scan the QR code or visit <https://hinghamsurgery.co.uk/navigator/register-a-carer/>



## Volunteering

Community Support Volunteers provide a vital service for people in Norfolk and Waveney who have just left hospital or those that need a bit of extra support at home.

There are hundreds of volunteering opportunities throughout Norfolk that could fit your interests, skills, location and availability.



For more information, scan the QR code or visit: <https://www.voluntarynorfolk.org.uk/>

## 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](http://www.healthyliving.nhs.uk)

