

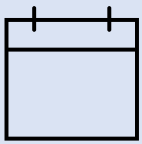


**Welcome to  
Hingham Surgery.**

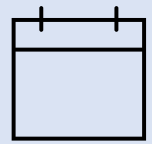
# **Hingham Surgery Newsletter**

*Issue 50  
(Autumn)*

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



## Appointment DNA's



In August alone we had 99 appointments that were missed.

This equated to over 25 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?**

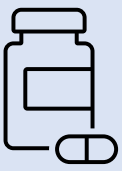
If so, please let the receptionist know so we can record your consent on your record.

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 be advised from the 1st November 2024 we will not be accepting prescription requests over the phone.

We encourage our patients to order their prescriptions via one of the following alternative methods in the first instance:

- Using your NHS account (through the NHS website or in the NHS App)
- Using the GP online system: SystemOnline
- Fill out a repeat prescriptions request form on our website
- In person (prescription box available at reception)

Please only order your medication if you need it and whichever system is used, please ensure your requirements are clearly indicated.

We do not take repeat prescription requests via email.

### Collecting Your Prescription

Please allow 3 working days for the prescription request to be processed, giving sufficient notice before the medication runs out.

Prescriptions requested more than one week early will only be dispensed early if the dates involve Pharmacy closures, e.g. Bank Holidays or personal holidays. Please add a note to the request if that is the case.

For more information on prescriptions, please scan the QR code or visit the [Prescriptions](#) page on our website.



## Flu Vaccination Clinics

Flu vaccine appointments are available to book at Hingham Surgery. Please bear in mind you may receive a link via text message to book your flu vaccinations with us. We are aiming to do the majority of our flu clinics on Saturdays.



If you do not wish to have the Flu Vaccination this year, please let us know via the [Contact the Practice](#) form on our website. This does not prevent you from changing your mind in the future.

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

## Child Flu Clinics

Child flu immunisation appointments are available to book at Hingham Surgery. If your child falls into one of the following groups, please book into a child flu clinic 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 01/09/2020 and 31/08/2022
- Aged 6 months to 17 years with certain long-term health conditions

For more guidance on other eligible groups and where they can get the flu vaccine, please scan the QR code on the right or visit the [NHS website](#)



Please let us know via the [Contact the Practice](#) form on our website if you wish to decline the flu vaccination this year. This does not prevent you from changing your mind in the future.

# Nurses Section

## RSV Vaccination Clinics

RSV vaccine appointments are available to book at Hingham Surgery.

Please bear in mind you may receive a link via text message to book your RSV vaccinations with us. We are aiming to do the majority of our RSV clinics on Saturdays.

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

Eligible patients include:

- Those aged 75-79yrs
- Those who turn 75 after 01/09/24 will become eligible as of their 75th birthday
- If you turned 80 on or after the 1 September 2024, you're eligible for the RSV vaccine until 31 August 2025
- Pregnant women from 28 weeks onwards

Please let us know via the [Contact the Practice](#) form on our website if you wish to decline the RSV vaccination. This does not prevent you from changing your mind in the future.



## Travel Vaccinations

Please try to give us as much notice as possible when requesting travel vaccines. If you are short of time, please use a private travel centre.

We require a minimum of 3 months to fulfil your request. If you do not provide us with enough time, we will have to reject your request.

For more information on travel vaccinations we provide or local private travel clinics, please scan the QR code or visit:

[www.hinghamurgery.co.uk/services/clinics-and-services/travel-clinic/](http://www.hinghamurgery.co.uk/services/clinics-and-services/travel-clinic/)



# 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.

## 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 be destroyed if we do not have your details.

## 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/>



# Nurses Section

## Losing Weight

If you're overweight, losing weight has many health benefits. It might help reduce the risk of developing health conditions such as high blood pressure, heart disease and type 2 diabetes.

Making small, simple changes to what and how much you are eating and drinking can really help you lose the pounds.



For more information, scan the QR code or visit <https://www.nhs.uk/better-health/lose-weight/>

## Eating Well

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.

For more information, scan the QR code or visit <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>



## 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/get-active/>



## Diabetes UK

Diabetes UK is the leading charity for people living with diabetes in the UK. They campaign for better care, give support in times of need and fund ground-breaking research into new treatments and a cure.

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





# Nurses Section

## Recycling Insulin Pens

Did you know that discarded insulin pens generate around 1.5 thousand tonnes of waste every year in the UK? Can your Insulin pen be recycled? Find out by scanning the QR codes or visiting the websites below:

Novo Nordisk

<https://www.pen-cycle.co.uk/>



Sanofi

<https://www.mysanofiinsulin.co.uk/repen/>



## Stay Warm And Well This Winter

Your health and well-being are important. There are things you can do to protect yourself and those around you.

This winter it's more important than ever to take care of your health as we face a bad flu season and COVID-19 is still with us.

Are you winter-ready? Check you have everything you need to look after your health to prevent common winter illnesses from developing into more serious health issues.



For more information, scan the QR code or visit:

<https://improvinglivesnw.org.uk/our-work/our-campaigns/warm-and-well/>

## Asthma + Lung UK

Asthma + Lung UK is a British charity focusing on respiratory health, in particular asthma and lung disease. They provide several support methods including online guides such as [How to stay well in cold weather](#)

To view their other resources, please scan the QR code or visit <https://www.asthmaandlung.org.uk/>



## COPD

Chronic obstructive pulmonary disease (COPD) can affect many aspects of your life. But there are some ways to help reduce its impact.

To find out more, scan the QR code or visit the [NHS website](#)

