

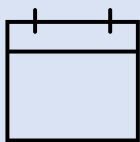


**Welcome to  
Hingham Surgery.**

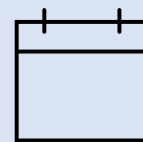
# **Hingham Surgery Newsletter**

*Issue 54  
(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 September alone we had 115 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.

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## Community Car

Please be advised the Community Car scheme only covers patients living in Hingham, Hackford or Deopham. They do not cover the Breckland area.



## 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.

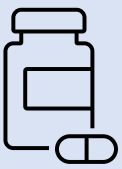
### Can we contact you by text?

If so, please let the receptionist know so we can record your consent on your record. If you share a mobile phone with someone, please be mindful that they may see information about your health.

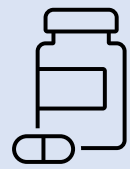
We may text you:

- 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.



## Prescription Requests



Please be advised that we no longer accept 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: SystmOnline
- 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.



# **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.

## **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/>



## **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/>



# 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/>

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/conditions/how-to-check-your-breasts-or-chest/>

## Testicular Screening

It's important to check your testicles regularly (around once a month) for symptoms of testicular cancer and other conditions.

For information on signs and symptoms to be aware of, scan the QR code or visit:

<https://www.nhs.uk/tests-and-treatments/how-to-check-your-testicles/>



The OddBalls Foundation was founded in December 2015 to raise awareness of Testicular Cancer. They have produced unique Check Yourself guides which you can see by scanning the QR code or visiting the following website:

<https://theoddballsfoundation.com/pages/check-yourself-guide>

# **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>

## **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/)

## 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 01/09/2021 and 31/08/2023
- 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.