

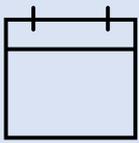


**Welcome to
Hingham Surgery.**

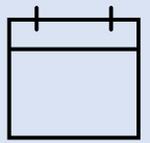
Hingham Surgery Newsletter

*Issue 55
(Spring)*

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



Appointment DNA's



In December alone we had 128 appointments that were missed.

This equated to over 35 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.

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.

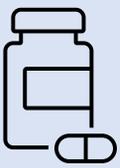
Can we contact you by text?

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: 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.



New Year's Resolutions

Stop Smoking

Will 2026 be the year for you to quit?

It's much easier to stop smoking when you get the right support and there are lots of options to choose from.

If 2026 is going to be your year to stop smoking, scan the QR code or visit the website below to give yourself the best chance of success:

<https://www.nhs.uk/better-health/quit-smoking/>



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/>



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/>



New Year's Resolutions

Walking For Health

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. Walking briskly can help you build stamina, burn excess calories and make your heart healthier.

You do not have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your 150 minutes of weekly exercise, as recommended in the physical activity guidelines for adults aged 19 to 64.

For more information, scan the QR code or visit:

<https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/walking-for-health/>



Get running with Couch to 5K

Taking up running can seem like a scary prospect, especially if you feel out of shape or unfit. NHS Couch to 5K will help you gradually work up towards running 5km in just 9 weeks.

For more information, scan the QR code or visit:

<https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/get-running-with-couch-to-5k/>



Eating a Balanced Diet

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

For more information, scan the QR code or visit:

<https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eating-a-balanced-diet/>



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/>



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/>



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/

