

<p>Dr. Wolfgang Wallat Dr. Carolyn Prior Dr. Pandu Balaji Dr. Emanuel Hacıaturian Dr. Anna Draper Dr. Tom Nicholson</p>	<p>WOODLANDS PRIMARY CARE</p> 	<p>Patient Newsletter No.54</p> <p>Dated: OCTOBER 2022</p> <p>www.woodlandssurgerysidcup.nhs.uk</p> <p>Our website will give you all the latest surgery news and information.</p>
<p><u>FLU VACCINATIONS</u></p> <p>We are now booking flu vaccinations in surgery for eligible patients. We will send out text invites when there are clinics available, so please make sure the surgery has the correct contact details for you.</p> <p>We currently have clinics available on;</p> <ul style="list-style-type: none"> • Saturday 8th October • Saturday 15th October • Saturday 5th November <p>More dates will become available to book, including weekday appointments, at a later stage.</p> <p>Adults eligible to book an appointment are;</p> <ul style="list-style-type: none"> • age 65 and over (including those who will be 65 by 31 March 2023) • have certain health conditions • are pregnant • are in long-stay residential care • receive a carer's allowance, or are the main carer for an older or disabled person • live with someone who is more likely to get a severe infection due to a weakened immune system • are a frontline health worker <p>Starting from mid-October, people aged 50 years old or over (including those who will be 50 years old by 31 March 2023) can have the flu vaccine. This is so at-risk groups can be offered a vaccination first.</p> <p><u>COVID-19 BOOSTER VACCINATIONS</u></p> <p>If you have been invited by the NHS to book a COVID-19 booster vaccination this autumn, you can do so by calling 119 or visiting nhs.uk/coronavirus. We are unable to book these vaccinations in the surgery.</p> <p>Certain people are being prioritised for their COVID-19 vaccination, and other eligible groups will be invited later in the year.</p> <p>You can have your autumn booster if it's been at least 3 months since you had your previous dose. It is safe to have the COVID and Flu vaccination together.</p> <p>Please call 119 or visit nhs.uk/coronavirus for full details, booking options, and a list of available walk-in clinics.</p>	<p><u>HELP WITH THE COST OF LIVING</u></p> <p>A lot of people are currently being affected by the rising cost of living, and some people may find it difficult to make ends meet.</p> <p>There are local organisations that can offer help and advice, on matters including finances, food, childcare, plus more. For more information, please visit;</p> <p>www.bexley.gov.uk/services/cost-living</p> <p><u>STOPTOBER: STOP SMOKING</u></p> <p>Did you know that if you can make it to 28 days smoke-free, you're 5 times more likely to quit for good?</p> <p>If you would like help or advice to quit smoking this 'Stoptober', please visit;</p> <p>www.smokefreebexley.co.uk</p> <p>The service offers a full range of evidence-based smoking cessation medications, alongside free, friendly and effective practical support.</p> <p>They also advise on vaping. Vaping is an effective way of quitting, and they can support you whilst you do this.</p> <p><u>VIRTUAL PATIENT PARTICIPATION GROUP</u></p> <p>Our participation group is made up of patients who provide feedback to the surgery. As a practice, we hope to engage the group in helping to deliver and design services around the needs of its patients, and represent the patient's views and wishes for the surgery.</p> <p>Our group is a virtual patient group. Contact is made and surveys are done via email. All responses to surveys are anonymous.</p> <p>If you are interested in joining our group, please fill in a form at reception, or download the form from our surgery website, and return to reception.</p> <p><u>FRIENDS AND FAMILY TEST</u></p> <p>If you have any feedback or comments on surgery services, please visit our website to fill in a Friends & Family Test survey.</p> <p>It can also be completed on paper at reception.</p>	<p><u>REPEAT PRESCRIPTIONS</u></p> <p>Please note that prescriptions currently take 5 working days to action. Please make sure you request your medication in time, to allow for it to be processed by the surgery and sent to the pharmacy.</p> <p>Medication can be ordered in the following ways;</p> <ul style="list-style-type: none"> • via online services (repeat medication only) • by contacting your pharmacy • by leaving a written medication request in the surgery letterbox • by post, providing a stamped addressed envelope for return <p>We cannot accept repeat prescription requests via phone, eConsult, email or text.</p> <p>If you need an urgent prescription, please contact your pharmacy to request and let them know why it is urgent.</p> <p><u>MY PLANNED CARE</u></p> <p>My Planned Care supports people waiting for a hospital appointment, operation or treatment, and gives them advice and support while they wait.</p> <p>This includes access to average waiting times at their hospital, and other useful advice about local services.</p> <p>The site is updated weekly with further advice and information on how to manage pain, keep healthy, look after your mental health, access financial help and other local support services. Please visit;</p> <p>www.myplannedcare.nhs.uk</p> <p><u>BEXLEY LOCAL OFFER</u></p> <p>Bexley Local Offer provide information on services available to children and young people aged 0-25 with special educational needs or a disability. They can advise on matters relating to childcare, group activities, healthcare, education, plus more. For more information, please visit;</p> <p>www.bexleylocaloffer.uk</p>

