

<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.55</p> <p>Dated: DECEMBER 2022</p> <p>www.woodlandssurgerysidcup.nhs.uk</p> <p>Our website will give you all the latest surgery news and information.</p>
<p>We would like to wish all of our patients at Woodlands Surgery a very Merry Christmas and a Happy New Year!</p> <p><u>CHRISTMAS OPENING HOURS</u></p> <p>Please note that we will be closed on the following days over the festive period;</p> <ul style="list-style-type: none"> Monday 26th December 2022 Tuesday 27th December 2022 Monday 2nd January 2023 <p>If you need medical advice or treatment when we are closed, please visit 111.nhs.uk or call 111.</p> <p>If it is a medical emergency, please call 999.</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>Those eligible to book an appointment are;</p> <ul style="list-style-type: none"> people aged 50 years old or over (including those who will be 50 years old 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 children aged 2 or 3 years on 31st August 2022 (born between 1st September 2018 and 31st August 2020) <p>Please call the surgery to book an appointment, let us know if you have had the vaccination elsewhere, or if you would like to decline this year.</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>REFERRAL LETTERS</u></p> <p>Please could we remind patients that if you have a referral letter, and want to change your hospital appointment, please contact the hospital to do so, rather than the surgery.</p> <p>We also require at least 48 hours' notice for a private referral letter, and non-NHS letters may carry a charge.</p> <p>Our admin team can inform you of the charge upon request, and give you the details to pay via a bank transfer. Alternatively, a cash payment can be made at reception. Payment is required prior to completion.</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>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>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. Please take into account the days we will be closed over the festive period.</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. If you need an urgent prescription, please contact your pharmacy to request and let them know 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>



Don't wait until you feel worse

Even if it's just a cough or cold, consult your pharmacist before it gets more serious.

HELP US HELP YOU
STAY WELL THIS WINTER

nhs.uk/staywell

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Prameet Shah,
Pharmacist



Do you have a long-term health condition or are you 65 or over?

Make sure you get your prescription medicines before Christmas Eve.

Because many GPs and pharmacies will close over the holidays.

STAY WELL THIS WINTER

nhs.uk/staywell

Richard Pile, GP



Richard Pile
GP