



FEBRUARY 2023 – SURGERY NEWSLETTER

SERVICES TO HELP WITH THE WINTER PRESSURES

This winter we have found the demand on our Practice services even greater than ever. In order to try and manage this demand I have given details of services below that you may find useful.

Community Pharmacies – Most people are not aware, but your local pharmacy can provide a wide range of help and advice. They offer advice on common problems such as coughs, colds, aches and pains, as well as healthy eating and stopping smoking. They can also help you decide whether you really need to see a doctor.

A&E – Please remember that A&E is for **emergencies only**. Before going to A&E please consider if another service might be more appropriate.

Urgent Treatment Centre, Clacton Hospital – This service is available for help with minor ailments such as rashes and minor skin infections, ear and throat infections and coughs and colds. They are also able to deal with minor injuries such as wounds, sprains, strains, minor dislocations, suspected fractures, removal of foreign bodies, burns, scalds, bites and stings. This is not exhaustive but gives you an idea of what NOT to attend A&E for.

Urgent Treatment Centre, Colchester – This service can be used for the same things as the Urgent Treatment Centre at Clacton Hospital.

NHS 111 – This service can be used 24 hours a day, 365 days a year and can provide telephone advice out of hours when we are not available. They can also advise you of the best place to go if you do need to see someone face to face.

There is also additional health information on the ICB website which can be found via the following link: [Your Health and Services - NHS Suffolk and North East Essex ICB](#).

FLU VACCINATIONS

With an increase in the number of patients having flu symptoms, if you haven't booked your flu vaccination yet, it isn't too late to do this. Please contact a member of the reception team on tel. 012106 250691 who will be happy to book this for you.

SURGERY TRAINING AFTERNOON

Along with all other surgeries in the area we will be shut from 12.00 noon on Thursday, 23 February 2023 for staff training.

PATIENT PARTICIPATION GROUP MEETING

There isn't a meeting of the PPG in February. The next meeting will be held on Wednesday, 15 March 2023 at 2.00 pm in the Michael Wright Room at Great Bentley Village Hall.

Sue Mitson – Operations Manager