



# IT'S FLU SEASON!

We have a total of 3,754 patients who will be eligible for the NHS seasonal influenza vaccination. Most patients will already know they are eligible from previous years and we will be sending regular text reminders to those patients who have a mobile phone recorded. However, if you think you are eligible but are not sure, please give us a call on 01206 250691 and we can check for you. We have special flu clinics set up on Thursday 1<sup>st</sup>, Saturday 3<sup>rd</sup>, Monday 5<sup>th</sup>, Wednesday 7<sup>th</sup> and Saturday 10<sup>th</sup> October. In addition we have also arranged two special clinics at the Little Clacton Village Hall (opposite 'The Firs') on the afternoons of Tuesday 6<sup>th</sup> and Tuesday 13<sup>th</sup> October. We are hoping to get most patients vaccinated in these clinics, but will also be arranging some 'mop up' clinics after these I'm sure.

I also need to tell you about a couple of changes to our clinical staff. We are unfortunately losing Dr Muir and Sister Mooney who are both moving on to work at surgeries closer to their homes, but I'm very pleased to welcome back Sister Sue Webb as our new Nurse Practitioner/ Manager. Having left us a couple of years ago, she's come back 'home' and I'm sure many of you will remember Sue very well.

Finally, now the nights are drawing in, so come along to **our Patient Participation Group meeting on Thursday 15<sup>th</sup> Oct at 6.30pm** at the Great Bentley village hall.

**Richard – Practice Manager**

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**SLEEP** makes you feel better, but it is important as part of a healthy lifestyle. Most people will need 7-8 hours a night but some may only need about 6. A good night's sleep is important for your energy levels and overall health. There are many factors that can affect your sleep. Some of the points below are ways to help you sleep or reasons that may upset your sleep:

- Sleep can be effected by how active you have been during the day, what you may have eaten or had to drink and how much mental stimulation you have had especially in the few hours leading up to going to bed.
- Using electronic devices like laptops, tablets or mobiles can cause a disrupted night sleep. Switch them off a couple hours before bedtime, especially video games.
- Watch what you drink; caffeine and alcohol can disturb a good night sleep.
- Spicy and fatty foods are also best avoided.
- How old is your mattress? They should be replaced after 10 years.
- A bedroom that is too hot. Turn the heat down a little or open a window.
- Don't have animals in your room.
- Cold feet can keep you awake so try putting on a pair of socks.
- Counting sheep - it does work, so try it!
- Focus on your breathing - slow it down, take a deep breath in and slowly breathe out and repeat a few times. There are also many other relaxation exercises that can help.
- Make sure your room is dark, particularly in the summer months.

<b>Have a good night sleep and feel fantastic the next day.</b>
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