



## **December 2021– Surgery Newsletter**

### ***Merry Christmas from all the team!***

On behalf of the doctors, nurses and staff at the Surgery, we would like to wish all our patients a very Happy Christmas.

### **Christmas/New Year Surgery Opening Hours**

The normal Surgery opening times are from 8.00 am to 6.30 pm Monday to Friday.

Over the Christmas/New Year period the Surgery will be closed on Monday, 27 December 2020, Tuesday, 28 December and Monday, 3 January 2021.

### **Prescriptions**

Please ensure you order your December prescriptions in time for Christmas. You can order these up to 14 days before they are due to ensure you don't run out over the Christmas period.

### **Update on the Covid-19 Booster/Flu Vaccinations**

We are continuing to run Clinics for the Covid-19 boosters on a Saturday day morning. This is just a reminder that patients have to wait 6 months from their last (2<sup>nd</sup>) Covid vaccination before they are able to have their booster vaccination. The only exception to this is for patients who are immunosuppressed. For patients who have a booster vaccination booked as long as we have vaccine availability a flu jab can be given at the same time. We also have appointments on for patients who just need to book a flu jab and this can be organised by phoning a member of the reception team. If we are not able to offer an appointment for the Covid-19 booster at the Surgery when you are due for this due to the high number of patients needing this, you can contact 119 to book an appointment elsewhere or look out for details of a local Walk-in Centre.

**Winter is here, and with the increasing pressure on all health services please use the NHS wisely:**

**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.

**Please remember the Patient Participation Group does not meet in December.**