



Autumn 2023

HAWTHORN MEDICAL PRACTICE

PATIENT NEWSLETTER

FLU VACCINATIONS –ARE YOU COVERED??

In the last flu season, 2022/23, there were 15,000 deaths associated with influenza, the highest since the 17/18 season.

Millions of people who are at the highest risk are eligible for free vaccines on the NHS. These include older people, very young children, pregnant women and those who have an underlying long-term condition, such as cardiac disease or a weakened immune system. Carers are also eligible for a vaccination. **If you are over 65 you are eligible for the vaccine**

Our next clinic is Saturday 14th October, 9am to 1pm you don't need an appointment, just come along if you are, **18 to 64 with a chronic disease, 65 and over**

You **do not** have to pay for your vaccination, you do not have to go to the local Pharmacy or Supermarket – **you can have it here, at The Surgery**. We run special flu clinics for people with chronic diseases or who may be vulnerable to infections which we advertise well in advance and if you miss one or find it difficult to attend then please let us know and we can make you a suitable appointment.

The benefit of having your flu vaccination at the Practice, is that the information will be added to your health record immediately and all our staff are fully trained and experienced in providing flu vaccinations.

Having your flu vaccine at the Practice provides a vital and valuable income to us which helps us to provide the necessary resources/services for our patients, including staffing and associated costs.

Did Not Attend

In July, we had **212** patients who did not turn up for their appointment, that's about 10 per day for GP's & Practice Nurses, maybe you couldn't get an appointment in July!

Please let us know if you can't attend.

You can cancel an appointment via **SystemOnline** you don't need to phone us.

Shingles Vaccination

Shingles is caused by the same virus as chickenpox, so if you've had chicken pox you can get shingles. A rash appears and there can be some tingling pain, lasting about a week.

The Shingles vaccine is recommended for some older adults, see groups below: -

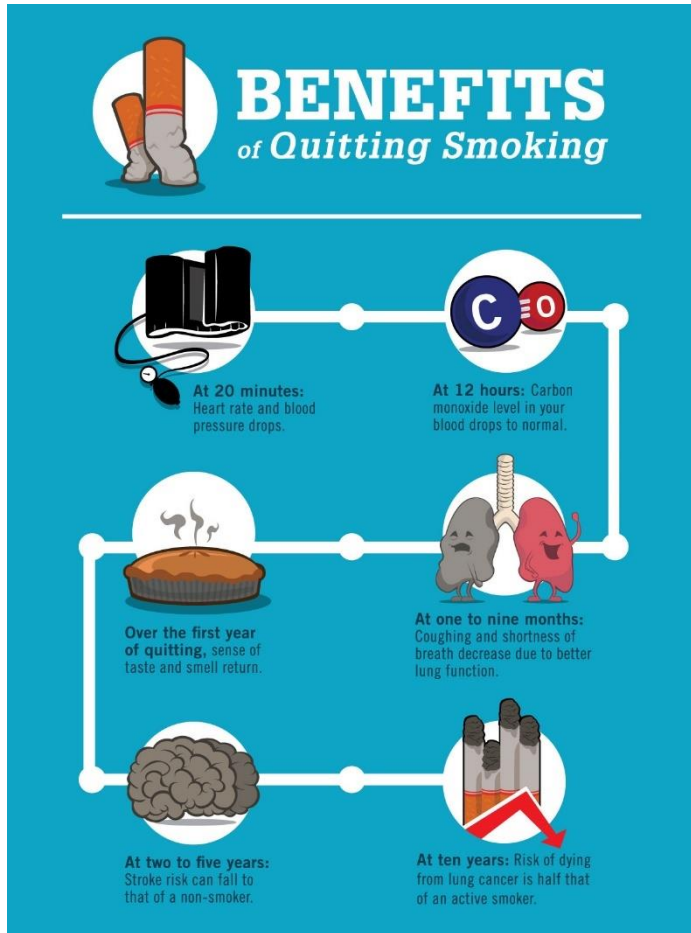
- **People who turn 65 on or after 1st September 2023**
- **People age 70 to 79**
- **People over 50 with weakened immune system.**

Please ask at reception to make an appointment with the Nurse.

Patient Survey

We are conducting our annual patient survey and we would love to hear from you, you can complete a survey on-line (from our website) or collect a form from the Receptionist. Help us to Improve!

It's STOPTOBER



For more details <https://smokefree.gov>

National Self Care Week

13 - 19 November 2023

Mind & Body

What is National Self Care Week?

- Self-Care Week is an annual national awareness week that focuses on embedding support for self-care across communities, families and generations.
- The theme for 2023 is “Mind & Body”.
- The Self Care Forum has been organising Self Care Week since 2011



Autumn



Almost all trees start to change their colour, when the Autumn season is coming. It is very pleasant to look at this amazing gold, red, yellow and others. So go outdoors and enjoy this amazing time! Feel autumn vibes everywhere.

Walking briskly for a total of 30 minutes, 5 days a week will not only reduce stress levels, but will also help reduce your risk of heart disease, cancer and diabetes. You don't have to do it all at once either. Three lots of 10 minutes works just as well, and makes it easy to fit into everyday life.

Enjoy the Autumn



Night Light Café – Skegness

Night light cafés exist to provide a safe space, a listening ear and some company in the evening for people (over 18's) who are experiencing a crisis with their mental health.

It's OK not to be OK.

The Night Light Café is open in Skegness at 40 Algitha Road, every Wednesday & Friday from 5pm to 8pm

Find us on facebook @nightlightcafeskegness



it starts with **YOU**

**FORWARD VISION EVENT –
TRANSFORMING HEALTH AND SOCIAL
CARE TOGETHER**

31st October 2023 – Bishops Grosseteste University Lincoln 10am – 3pm

*Live Q&A with Lincolnshire Health
and Social Care Leaders*

