

News from Holbrook and Shotley Surgery

Training afternoons

Each month our Clinical Commissioning Group provides training for our GPs and nurses and the surgery is closed. From May we will be switching our telephones over to the out of hours service to enable our staff to undertake training at the practice. As always, for advice out of hours, please ring 111. In an emergency dial 999.

Travel vaccinations

It is wise to give us as much notice as possible if you are travelling and require vaccination. Please complete a form at reception or from our website, which will be assessed by our nurses. You should then contact the Practice 10 days after completing the form to see if vaccinations are required.

Smoking cessation advice

The Practice has three smoking cessation advisers who would be happy to help those who want to give up smoking. Please contact reception if you wish to make an appointment to help support you through a smoking quit attempt.

'Fish and chip baby' knits – results and the future for knitting!

Huge thanks to all those who contributed in any way towards our Rwandan baby knits appeal. We sent a total of 1451 jumpers, hats and blankets via the charity Engalynx to Ntungwa in Rwanda, primarily for newborn babies but also for young children. The response to this initiative has been overwhelming and we are very grateful to everyone who helped. We are now knitting poppies to remember the Centenary of WWI. These will form part of a display in St Mary's Church, East Bergholt on 5th July and will then be sold in aid of Help for Heroes and the Royal British Legion. If you would like to help, please call in for a pattern or visit our website. If you wish to carry on knitting jumpers/hats etc we can pass these on to Dr Ayache for the Syrian refugees.

Julia Smith
Practice Manager