

News from Holbrook and Shotley Surgery

Flu vaccinations

Our 2014 flu vaccination clinics will run from 2pm til 6.30pm on:
Tuesday 30th September and Wednesday 8th October at Holbrook
Thursday 2nd October and Thursday 16th October at Shotley.

All patients aged 65 and over at 31/03/2015 are eligible. Those who are eligible and under 65 will be sent a letter. Please remember that you can attend either site.

Warm Homes Scheme

Now the weather is taking an autumnal turn, it is a good opportunity to review your home's heating and insulation. The Suffolk Warm Homes Healthy People scheme offers free home energy surveys to people who own their homes or are in private rented accommodation. To qualify there should be someone living in the property who is over 60 or under 5 and the annual household income is less than £17,000 with less than £5000 in savings. As well as providing advice on steps you can take to reduce your energy bills, you will be assessed to see if you qualify for a grant towards the cost of insulation, draught proofing and other energy efficiency measures. Call 08456 037 686 to find out more or to book a survey. If you do not qualify but would still like advice on making improvements to your home's energy efficiency visit Suffolk Energy Action's website on www.suffolkenergyaction.org or call 0800 840 9090.

Training afternoons

The next sessions are on Wednesday 15th October and Thursday 13th November. Please note that both sites will be closed from 1pm and you will be unable to call in, collect prescriptions or telephone us. If you have a medical query that cannot wait until the following day please ring 111, or 999 in an emergency.

Julia Smith
Practice Manager