

## News from Holbrook and Shotley Surgery

### Training days

Our next training afternoons will be on Wednesday 9<sup>th</sup> December and Thursday 14<sup>th</sup> January when we will be shut from 1pm. Please ring 111 for advice if your query cannot wait until the following day. In an emergency, dial 999.

**Christmas opening.** We will be closed for Christmas from 25<sup>th</sup> to 28<sup>th</sup> December inclusive. Please ensure you have enough medication to last over the Christmas period. If you are unwell over Christmas, as above, please ring 111 for advice or 999 if this is an emergency.

**First Time Heating project from Suffolk County Council.** We have contacted a number of patients with respiratory conditions regarding a limited, one-off grant that is available for those with no central heating. This includes those with only storage heaters. Eligibility is means tested. For further information, please ring the Local Rate Helpline 03456 037 686.

**Flu vaccinations.** Our four flu clinics saw 1077 patients attend for their flu vaccinations. We have, at the time of writing, vaccinated nearly double that number now but still have flu vaccinations available for those who are eligible. Please phone for an appointment if you haven't yet had your vaccination or let us know if you wish to decline this for this year so that we can update our records.

### Christmas Competition

We have been collecting unused medication at Shotley for the last six months and you may have seen our crate filling up. We will now have a competition to guess the cost of the medications collected. These medications will be destroyed at additional cost. Please let your GP know if you are no longer taking medications so they can be removed from your list.

With all the advice on Christmas and keeping warm above, we wish all our patients a happy and healthy festive season.

Julia Smith  
Practice Manager