

## News from Holbrook and Shotley Surgery

### Training days

Our training afternoons have changed and will now be on Thursday 27<sup>th</sup> October and Wednesday 23<sup>rd</sup> November 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.

### Flu Clinics

If you did not manage to get to one of our flu clinics and you are eligible for a free flu vaccination, we will be running catch-up clinics so please ring reception for an appointment. Eligible patients will be either over 65 or have received a letter from the practice. **Please note that we are unable to vaccinate you unless you are eligible and you should attend a pharmacy for this if required.**

### Repeat Prescriptions over the Christmas period

Please do not order your repeat prescription early for Christmas unless you are going to be away, as this puts additional pressure on our dispensers. Remember that we need 48 hours to issue the repeat prescription then our dispensers need to make up your medications ready for collection so if you could wait an extra day before collecting, this would be appreciated.

### Did you know that you can self-refer for physiotherapy and wellbeing services?

**Physio:** You can now self-refer to physiotherapy for muscle and joint problems without needing to see your GP. Please complete the form online at [www.ahpsuffolk.co.uk/referral](http://www.ahpsuffolk.co.uk/referral) or ring the appointment line on 01473 770066 so that they can ensure that you see the most appropriate health professional. In some cases, you may be required to see your GP for further assessment prior to referring into the service.

**Wellbeing:** If you are suffering from common mental health and emotional issues such as low mood, depression or stress, and you would like help, please go to <https://www.wellbeingnands.co.uk/get-support/self-referral/> or ring 0300 123 1781.

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