

## News from Holbrook and Shotley Surgery

### Training days

Our next training afternoons will be on Wednesday 14<sup>th</sup> December and Thursday 9<sup>th</sup> February 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.** Thank you to those patients who were patient with us whilst we had to work manually at one of our Shotley flu days due to IT issues.

### Christmas and New Year Opening Times

We will be closed for the Christmas bank holidays on Monday 26<sup>th</sup> and Tuesday 27<sup>th</sup> December as well as the New Year's Day bank holiday on Monday 2<sup>nd</sup> January; otherwise we will be open as usual including Christmas and New Year's Eve for pre-booked appointments. From 19<sup>th</sup> December 2016 to 6<sup>th</sup> January 2017 appointments will be available on the day. Please do not put your prescription request in early over the Christmas holidays and allow us at least three full working days before calling to collect your medications.

### Fully funded heating systems

At least four of our patients are now benefitting from fully funded heating systems supplied by the Warm Homes, Health People project that we have been promoting. There are still funds available so if you would like to take advantage, please contact 03456 037686. Conditions apply.

**Don't be a DNA:** the number of patients not attending for appointments is on the increase and this is putting pressure on our appointment system. Many of these patients are booking on the same day so it would be appreciated if you can let us know if you can't make your appointment so it can be offered to someone else.

**Did you know you can self-refer to One Life Suffolk for Weight Loss, Smoking Cessation, Health Walks?**

Visit the One Life Suffolk website at [www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk) or ring 01473 718193

Why not join the walk on Friday 6<sup>th</sup> January, starting at Pin Mill?

Meet at 10.50am at the car park. This is a Grade 5 walk of 3 miles and should take approximately 90 minutes. For other walks, visit the website or pick up a brochure from the practice.

Julia Smith  
Practice Manager