

News from Holbrook and Shotley Surgery

Flu clinics

In our four flu clinics we vaccinated a total of 1261 patients, which is a 5% increase on last year. Our first clinic at Holbrook was particularly busy with a 27% increase on the same clinic last year so please accept our apologies if your waiting time was a little longer. At the time of writing, we are vaccinating patients in care homes and still have spare vaccines so, if you are eligible and wish to receive the vaccine, please ring reception to book an appointment.

Training days

Our next training afternoons will be on Thursday 16th November and Wednesday 13th December when we will be shut from 1pm. There is no training day in January. Please ring 111 for advice if your query cannot wait until the following day. In an emergency, dial 999.

Christmas Opening

A reminder that over Christmas we will be open as normal except for Christmas Day, Boxing Day and New Year's Day. Appointments will be available on the day only from 18th December to 5th January so please ring on the day you wish to be seen. You do not need to order your prescription early unless you are going away. We would like to wish all our patients a happy and healthy festive season.

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 or, if you have no internet access, ring 03330 433966. Questions will be asked and you will be triaged within 24 hours. You may be sent information/advice/exercises initially and then you will be contacted with an appointment.

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.

Julia Smith
Practice Manager
01/11/2017