**Welcome to our autumn**

**newsletter. We hope you**

**find the content useful.**

**PRACTICE NEWS**

**Flu Vaccinations**

We are now booking appointments for flu vaccinations. Our first clinic will be on Saturday 30th September. Please ensure you book your appointment to have your jab here at the practice.

You are eligible for a FREE flu vaccination if you fall into any of the following categories:

* If you are aged 65 or over or will be 65 by 31.3.24
* In a clinical at risk group
* Pregnant
* All children aged 2 or 3 years on 31 August 2023
* A carer
* Close contacts of immunocompromised individuals

It is important for anyone in the above groups to have ther flu vaccination so that you get the best protection during the winter months.

**COVID vaccines**

If you are eligible for a Covid vaccine please remember to book your appointment. We are planning to do these at the practice but we are just awaiting the confirmation for us to go ahead. Once we have this you will be able to book with us to have your vaccine done.

**Shingles Vaccination**

If you are 70 years of age and have not had shingles vaccine before, you remain eligible up to your 80th birthday.

Turning 65?

*WE’RE WORKING HARD TO KEEP YOU WELL*

You will be eligible from your birthday for a shingles vaccine if your date of birth isbetween 1st September 1959 – 31st August 1959

Turning 70?

You will be eligible from your birthday for a shingles vaccine if your date of birth is between 1st September 1953–31st August 1954

**Looking at our data**

Every quarter we will be releasing what we call our GP Infographics, which aim to give you an insight into the goings on at your local practice.

The latest infographics below relate to the 3 month period April to June 2023

* **4561**

**APPOINTMENTS AVAILABLE**

* **3699**

**BOOKED**

* **98**

**DID NOT ATTEND APPOINTMENTS**

* **5637**

**TELEPHONE CALLS WERE ANSWERED**

* **3798**

**PRESCRIPTIONS WERE ISSUED**

* **67**

**NEW REGISTRATIONS**

**Looking after Yourself**

We should look after ourselves all year round but when autumn starts to approach we need to think about how best we can care for ourselves. The dark nights start to draw in and the weather changes. We should be mindful that just as the leaves dry on the tress so does our skin so keep yourself well hydrated and remember to moisturise your skin regularly so that it doesn’t become too dry.

Although it is getting colder you can still go out during the day for a walk and see the beauty of the autumn leaves. Be careful though not to slip on them if it is wet outside.

If you are unable to get out or have difficulty moving around remember you can always do some exercise sitting in a chair.

Exercise is good for you at any time of year and can help lift your mood.

Please click on this link below for advice on exercise guidelines.

[Exercise guidelines - NHS (www.nhs.uk)](https://www.nhs.uk/live-well/exercise/exercise-guidelines/)

If you are not viewing this newsletter electronically please visit the following website for more information.

https://www.nhs.uklive-well/exercise/exercise-guidelines/

**STOPTOBER**

* This Stoptober, join the thousands of smokers committing to quitting from October 1st. For free support search Stoptober.
* When you stop smoking good things start to happen. There are many benefits to quitting such as having more energy, feeling healthier, breathing better and having extra money in your pocket.
* The campaign is calling upon smokers England, to join the 2.5 million other people who have made a quit attempt since the campaign first launched in 2012.
* New research from a Census wide survey of ex-smokers finds that nearly all (95%) saw positive changes in their life soon after quitting.
* Of those who noticed improvements, nearly one in three rated feeling healthier as the single best thing to happen to them since stopping smoking.
* Stoptober provides the information and support people need to quit smoking for 28 days, based on evidence showing that if you can make it to 28 days smoke free, you're five times more likely to quit for good.
* We know we’re stronger together. This Stoptober, join us and thousands of people who have quit smoking with Stoptober and start having more energy, feeling healthier and breathing better. You’ll also have a bit more £ in your pocket to spend.
* On average smokers spend £38.59 a week on tobacco. That means they could have around £2,000 more to spend a year by quitting.
* Stoptober offers a range of free quitting tools including: the NHS Quit Smoking app, Facebook messenger bot, Stoptober Facebook online communities, daily emails and SMS, and an online Personal Quit Plan tool. It provides information and advice on proven quitting methods: the range of stop smoking aids, including further information. Please click on the link below.

 [Quit smoking this Stoptober - Better](http://Quit smoking this Stoptober - Better Health - NHS (www.nhs.uk))

[Health – NHS(ww.nhs.uk)](http://Quit smoking this Stoptober - Better Health - NHS (www.nhs.uk))

If you are not viewing this electronically visit: [www.nhs.uk/better-health/quit-smoking/](http://www.nhs.uk/better-health/quit-smoking/)

**Redbridge Quits Stop Smoking can help**

They offer free and confidential:

• Personal 1-2-1 support sessions either by

 phone, online or at a range of convenient

 locations across Redbridge

• Nicotine replacement therapies

• Support for people who are using other forms of

 tobacco that can also be addictive and harmful,

 such as Paan, Betel quid, gutkha, bidi, and

 shisha

• Support for people who are concerned about

 their use of vapes/e-cigarettes.

Phone: 0300 303 2715

TextBREATHE to 82228

Emailrqs@wdp.org.uk

**Regular Items**

**Redbridge Talking Therapies**

Redbridge Talking Therapies provides free, confidential treatments and support for those struggling with their wellbeing and mental health. You don’t need to be diagnosed with a mental health condition to access the service. The service can help with common issues such as anxiety, stress, sleep problems, Obsessive Compulsive Disorder (OCD), depression, phobias, social anxiety, Post Traumatic Stress Disorder (PTSD) amongst others. Treatments include Cognitive Behavioural Therapy (CBT), Interpersonal Therapy (IPT), Counselling for depression and more. The service offers individual as well as group therapies, delivered by a diverse range of clinicians, many of whom speak a variety of languages and come from a variety of different backgrounds/cultures. Redbridge Talking Therapies accepts self-referrals as well as referrals from GPs and other health professionals. You can find out more, and refer yourself for the service by calling on the number below, or by filling out an online form on the Redbridge Talking Therapies website.  Please note you must be at least 18 years old and registered with a Redbridge based GP to access the service. Email: RDBTalkingtherapies@nelft.nhs.uk

Website: [www.talkingtherapies.nelft.nhs.uk/redbridge/](http://www.talkingtherapies.nelft.nhs.uk/redbridge/)

Phone: 0300 300 1554—option 1 (9am–5pm, Monday–Friday)

Online self-referral form: [www.iaptportal.co.uk/nelrd.html](http://www.iaptportal.co.uk/nelrd.html)

If you are suffering serious mental health issues and need urgent and immediate help, call 0300 555 1000 which is a 24 hour crisis line, open all year round.

**Cervical Screening** Please remember to book your appointment to have your cervical smear done. It is important for you to have this done as it can help to detect early signs of cancer. You can book an appointment with our practice nurse or you can book in the extended access service in the evening or the weekend if that is more convenient for you.

**Childhood Immunisations**

Please remember to bring your Childs red book when attending for their immunisations. It is important to have these done at the recommended intervals so as to keep your Childs protection up to date. You can book with our practice nurse to have these or we can book into the extended access clinic in the evening and at weekends if this is more convenient for you. Please advise our receptionists if you require an evening or weekend appointment. . For more information about immunisations please visit [Why vaccination is safe and important - NHS (www.nhs.uk)](https://www.nhs.uk/conditions/vaccinations/why-vaccination-is-safe-and-important/)

**Help us to help you.**

We are always extremely busy from 08:00 in the morning booking patients that require an urgent appointment. Appointments are available to pre-book. Please call after 11:00 am to pre-book an appointment. This is when the lines are not so busy and should make it easier for you to get through to our receptionists. If you are calling for results please call after 2:00pm. Appointments can also be booked in the evening and at the weekend in the extended access service. Please ask our receptionist if you wish to book this. If you have online access or the NHS app you can also book appointments online.

**Patient Participation Group (PPG)**If you want to get more involved in the Practice and be a patient advocate we have positions on our PPG. If you are interested in joining we meet bi-monthly at the practice. Please email chandra18@gmail.com who will be happy to give you more information.

**Comments about the Practice**

We welcome feedback both positive comments and constructive criticism. If you would like to write a comment about the practice please visit the NHS website www.nhs.uk where you can leave a comment about the practice.