

Flu Season

As you will know, Flu Season is now in full swing. We still have flu clinics left on the following dates:

- Saturday 15th October
- Saturday 22nd October
- Saturday 5th November



If you are eligible for a flu vaccination (details across the page), and you still haven't had your flu vaccination, please book into one of these clinics, or ask your clinician at your next appointment.

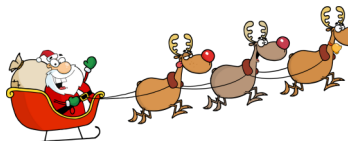
If you do not want to have a flu vaccination, please inform reception so that we can update your records, thank you.

Did You Know - When you have your flu vaccination at your GP surgery, they receive a payment for this vaccination. If you have your flu vaccination done elsewhere, the surgery doesn't receive a payment and loses out on much needed funds.

Surgery Closures

The surgery will be closed on the following dates:

- Monday 26th December
- Tuesday 27th December
- Monday 2nd January 2023



Please be sure to allow plenty of notice for ordering repeat prescriptions.

The surgery will also be closed on the following **afternoons** for training purposes:

- Thursday 10th November
- Thursday 12th January 2023



When calling the surgery after 12pm on any of the above dates, you will be put through directly to the Out of Hours Service. Please note that Day Lewis pharmacy will remain open on the Thursday afternoons when the practice is closed.

Am I eligible for a flu vaccination?

The injected flu vaccine is offered free of charge on the NHS to people who are at risk. This is to help protect them against catching flu and developing serious complications.

You should have the flu vaccine if you:

- are **65 years of age or over**
- are **pregnant**
- have certain **medical conditions**
- are living in a long-stay residential **care home** or other long-stay care facility
- receive a carer's allowance, or you are the **main carer** for an elderly or disabled person whose welfare may be at risk if you fall ill

Frontline health and social care workers are also eligible to receive the flu vaccine. It is your employer's responsibility to arrange and pay for this vaccine.

Wasted Appointments in September

Last month, the number of GP & Nurse appointments where the patient did not attend was:

58 → **33 GP**
→ **15 Nurse**
→ **10 HCA**

This was equal to: **12 hours**

If you are not able to attend your appointment for any reason, please do let us know so that your appointment time can be used by somebody else.

If you provide us with an up-to-date mobile number, we can send you appointment reminders by text; you can cancel your appointments by text as well. You can also cancel your appointments using your SystemOnline account.

Car Parking

As you may have experienced yourself, car parking at Crossley Street can be challenging. We only have a limited number of parking spaces and this problem is often compounded by those taking up spaces when they are not visiting the surgery. We appreciate that it can be frustrating when there are no free spaces, but please can we ask you to keep in mind the following:

Please **DO NOT**:

- use the car park to drop your child off at school - if you are not visiting the surgery, please park elsewhere
- park on the yellow hatches in the middle of the car park - this puts your car at risk of being damaged
- park on the double yellow lines along the side of the surgery - this can make it difficult for emergency services to access the surgery and makes it hard for patients to enter and exit the car park
- park in the staff section of the car park - this can result in cars being blocked in and identifying the owner of the car can be difficult

The large car park across the road from the surgery offers free parking for up to 2 hours, so if our car park is full, please consider using this. Thank you.

Surgery POD



Did you know that you can come and check your blood pressure at the surgery without making an appointment? We have a self-service POD, where you can check your blood pressure, weight, and answer questions about your health which will automatically be added to your record.

You will find the POD downstairs just beyond the waiting room on the left hand side. Instructions are provided, but if you need any assistance, reception staff will be happy to help.

Going for some winter sun?

If you are going abroad, and you need any travel vaccinations, please visit www.fitfortravel.nhs.uk - they can tell you what vaccinations you may need.

You will need to book an appointment with a nurse for your immunisations. Please remember to book a telephone appointment in advance of your travel date to ensure that you receive the correct advice and treatment that might be required.

Travel is a non-NHS service and, unfortunately, due to the current demand on our nursing appointments, we are not always able to give a comprehensive travel service within the time frame you require. If you are unable to book a suitable travel appointment with us, please visit our website for a list of other local travel clinics.

Patient Participation Group

Crossley Street Patient Participation Group (PPG) is a partnership between patients of Crossley Street Surgery and the doctors, medical workers and administrative staff who look after our wellbeing.



The aim of this group is to encourage a positive working relationship between patients and surgery staff. They act as a link between the practice and our patients to ensure best use of facilities, and the organisation of policies which reflects our patients' views.

The PPG have regular meetings held at the surgery. Would you like to attend the next PPG meeting? It will be held at Crossley Street Surgery on Thursday 24th November at 4pm. Anyone who is interested in joining the PPG is welcome to attend. For more information, please visit our website.

Stoptober: the 28-day stop smoking challenge

Are you thinking of quitting smoking? Research has shown that if you quit for 28 days, you're 5 times more likely to quit for good.

Stoptober began on 1st October and there's never been a better time to quit!

Stopping smoking is the best thing you can do for your own health - and the health of people around you. It's never too late to quit.

You'll start seeing the benefits immediately, not just for your health but also your finances.

Please be aware that, although located in our building, Day Lewis Pharmacy is a separate business to Crossley Street Surgery. As such, we will not be able to take phone calls or medication queries on their behalf.

The phone number for Day Lewis is **01937582182**