

# Newsletter

*St Thomas Medical Group*



## Practice Update

*Written by Chris Stoppard - Practice Manager*

### This Quarter:

1. Practice Update
2. Covid and Flu Clinics
3. Winter Warmth
4. Health Checks
5. Seasonal Closure

The summer now seems like a distant memory as we're well into Autumn and the shorter days are upon us. But we do enjoy bright crisp mornings and warming up with hot drinks.

It was great to see our vibrant student community return after the summer break. We were involved in Freshers week, promoting all sorts of ways for students to maintain a healthy lifestyle, from sexual health to Covid awareness to asthma checks. We were delighted to see engagement from so many students.

With the wetter weather people are using their cars more often. We are lucky enough to have parking on site but spaces are limited and, during busier times, parking can be tricky to find. If you are driving to the surgery for an appointment, please leave plenty of time to find alternative parking if necessary.

Finally, on behalf of us all at St Thomas Medical Group, can I wish you a very Merry Christmas and a Happy New Year!



## COVID and Flu Clinics

Our Covid and flu clinics have once again been extremely successful and we have vaccinated hundreds of patients of the past few weeks.

If you or your child have been invited for a flu vaccination, please contact us as soon as you can to book an appointment. We still have a variety of clinics and times for you to attend. If you would rather not have the vaccination, please let us know and we can update our records.

We are now offering Covid vaccinations to patients who have booked through the central booking service. If you are eligible and are yet to have your vaccination, please either use the link below or call 119.

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

"Please call 119 if you need to book a COVID19 vaccination"

## Winter Warmth

The ideal temperature to heat your home to is 18C. If you are using heating appliances, please ensure they are well maintained and in good working order.

Keeping warm is crucial for maintaining good physical and mental health. We know that these are difficult times for many people so please check if you are eligible for any benefits or grants to help with these costs.

Please also remember any elderly or vulnerable neighbours and relatives. They may need a little extra support during the winter or just a friendly chat during the long evenings.

For further information and advice (including links to benefits and grants advice), please click in the links below.

<https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/#:~:text=Heat%20your%20home%20to%20a,bedroom%20windows%20closed%20at%20night.>

"Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom."

## Health Checks

The NHS will be inviting people between the ages of 40 and 74, without pre-existing health conditions, for a health check.

These health checks are very effective in detecting the early signs of numerous chronic conditions some of which include stroke, kidney disease and heart disease.

If you receive an invite, we strongly recommend that you book a health check. Most people will get a clean bill of health and those who need further care or advice may be able to take preventative measures to delay or stop any future illness.

For further information on health checks, please click on the link below.

<https://www.nhs.uk/conditions/nhs-health-check/>

## Seasonal Closures

We will be closed on the following days over the Christmas period.

Friday 23rd December - Open  
 Saturday 24th December - Surgery closed, Telephone  
 Appointments Available  
**Sunday 25th December - Closed**  
**Monday 26th December - Closed**  
**Tuesday 27th December - Closed**  
 Wednesday 28th December - Open  
 Thursday 29th December - Open  
 Friday 30th December - Open  
 Saturday 31st December - Surgery closed, Telephone  
 Appointments Available  
**Sunday 1st January - Closed**  
**Monday 2nd January - Closed**  
 Tuesday 3rd January - Open

We predict that we may be busy on the days we are open between Christmas and New Year so we will have an increased number of same day contact appointments available.

**\*\*\*PRESCRIPTIONS\*\*\*PRESCRIPTIONS\*\*\*PRESCRIPTIONS\*\*\***

*PLEASE ALLOW PLENTY OF TIME WHEN ORDERING REPEAT PRESCRIPTIONS DURING THE CHRISTMAS PERIOD.*

"Please remember you can self refer to Talkworks, if you are struggling with your mental health."

"If you're looking for a dentist, you can find a list of NHS dentists here. You may find that you need to join a waiting list to be seen, as NHS dentists are very busy dealing with backlogs caused by Coronavirus.  
<https://www.nhs.uk/service-search/find-a-dentist>"