

OCTOBER

Newsletter

Update on the appointment triage system.

The change to the new appointment booking system has proved to be a great success. We have had some excellent feedback on how it is working and how quick the process is from patients submitting their request to being seen or their query being

resolved.

Excellent service from reception, getting an appointment with the Gp that most suited my needs it was simple & stress free.

Able to book appointments at our convenience is amazing, great new service

I was able to request an appointment online & was called with a prospective date & time, I had tests I required

What are the signs and symptoms of breast cancer?



A change in the size, outline or shape of your breast



Changes in your skin such as puckering, dimpling, colour or a rash



A new lump, thickening or bumpy area in one breast or armpit



Swelling in your armpit, collarbone or breasts



A discharge of fluid from either of your nipples



Any change in nipple position (pulled in or pointing differently)



An eczema like rash, crusting, scaly, itching or redness on or around the nipple



See a GP if you notice any changes

It's Breast Cancer Awareness Month.

Breast cancer can have several symptoms. Get used to checking your breasts regularly and be aware of anything that's new or different for you.



STOP SMOKING AND GOOD THINGS HAPPEN



You get closer
to that trip away

Commit to quit

Better
Health

Let's
do this

Stop smoking and you
get closer to that trip
away. Good things
happen when you quit.

#Stoptober

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.

Covid and Flu Vaccination Clinic updates

Covid and flu vaccinations offer a multitude of benefits. Firstly, they provide protection against the respective viruses, reducing the risk of contracting and transmitting these illnesses. By immunising individuals, these vaccines help to prevent severe symptoms, hospitalisations, and even potential deaths. So far we have given **1518** Covid vaccinations and **1010** Flu vaccinations to the over 65 year old patients and **467** to the under 65 year old patients. **To book your vaccinations please contact reception.**

**BOOST YOUR
COVID-19 & FLU
PROTECTION**

Winter vaccines campaign

Your COVID-19 vaccine protection can fade,
and the flu virus changes every year.

