

# Newsletter

Winter 2023

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Welcome to our Loomer Medical Partnership Winter Newsletter!

We are still ensuring that the surgery's are as safe as possible for all patients and staff so therefore sanitizer stations and masks are still available in reception if you would like to use these still.

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## Keeping well this Winter!

Please see some little tips to keep yourself well this winter. Please make sure you have enough medications to last you over the festive period. If you are struggling to heat your home or provide yourself with enough food, please contact the surgery. We have a great team who will be able to offer advice for you.

### Health tips for winter weather



Wrap up warm when you go out, and make sure that your shoes have a good grip.



Use a hot water bottle or an electric blanket to stay warm in bed – but not both.



Wear multiple layers of clothes when you can, rather than a single bulky layer. This will help you retain body heat.



Make sure you're receiving all the help to heat your home that you are entitled to.



Have at least one hot meal a day, and try to drink hot drinks regularly. Keep active – try not to sit still for more than an hour indoors.



Keeping an eye out for elderly relatives and neighbours and supporting them in the cold weather can help them Stay Well This Winter.

### Speaking to your local pharmacist



If you start to feel unwell, even if it is just a cough or cold, get advice from your pharmacist before it gets more serious.



Many GPs and pharmacies will close over the holidays, so it can be helpful to pick up prescription medications before the Christmas holidays start.



Speak to your pharmacist about over-the-counter medicines you should have in stock to help get you and your family through the winter season.



## Covid and Flu update

by Louise Scott

This Autumn the Nurses and HCA team have been busy administering the annual flu vaccination and Covid booster for those eligible. The team have administered nearly 5000 covid vaccinations and 5000 flu vaccinations to date !

On the 16th December 2023 the Autumn Covid vaccination programme draws to a close for the Practice, apart from those few who are severely immunocompromised and still need a vaccine. If you still think you are eligible and want a vaccine then contact 119 to enquire where clinics are running locally.

Flu vaccination however is ongoing until the end of March 24 , and so if you haven't come forward for your vaccination, we currently still have a flu vaccination waiting for you at the Practice!! Contact us either online, by telephone or in person to book an appointment.

Vaccination against Covid and Flu plays an important role in protecting our NHS and its staff against severe disease and hospital admission,so make sure you get protected, protect your family and protect your NHS.

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## The NHS App is getting a new look!

### **The NHS App is getting a new look!.**

It is being redesigned to make it easier to access NHS services. The update will start on 12 December 2023 and you may receive a message from this time . All health services are still available, and your personal settings will stay the same too.

You will receive a message over the coming weeks to update your app. Apart from this update you do not need to do anything else.

These changes and new designs are being built around patient needs, with a layout and structure that makes it easier for patients to carry out activities independently, giving them greater control of their healthcare.

We have our receptionists and call handlers ready to help and support anyone that would like to sign up for the NHS App.

Let me remind you of what you can do without coming down to the surgery or waiting on the telephone 😊

- **Check and order your repeat prescription**
- **Access to your medical records once this is authorised on your record**
- **Check on any investigations and results**
- **Check on clinic letters**
- **Send online consultations and messages direct to the Practice**

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## Loomer Medical Partnership PPG

by **Ruth Matthews**

We have been busy over the last few months speaking to patients about joining our new PPG. We are currently creating this new group which represents all of our surgery sites. We would love to hear from you if you have a few hours you can give to us four times a year.

We are driven by our patients feedback, and would love to hear from anyone that can support us to move forward within the forever changing NHS.

If you are interested in this or would like to have further information please contact your surgery and they will pass your name on to the appropriate person.

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## Changes in our team

by **Ruth Matthews**

We welcome Lavena, our new Physician Associate who joins our clinical team.

## Congratulations and success in our team

We are pleased to say that our Practice Nurse Katie has completed her training for cervical screening and has passed this course



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# Patient feedback

by **Ruth Matthews**

We value all our patient feedback, whether it is a good experience or if there are areas which we can improve on.

You can leave your feedback in many ways:

- NHS choices
- Google review
- Directly at our practice
- Completing our “friends and family cards”

If you feel you would like to talk and discuss your experience whether this a good experience or something that did not go as well as expected, you can arrange to speak to our Practice Patient Manager at the surgery or we can arrange a face to face meeting.

## Social Media

[Did you know we have a Facebook page?](#)

We are always trying to communicate better with our patients, and we are trying to update all our patients as best as we possibly can. We will add any updates on facebook as well as our quarterly newsletter. If you see something you like give us a wave or if there is something you would like to see more of on facebook, just let us know 😊



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## Christmas Opening hours

Please note our closures over the Christmas and New year holidays

**Monday 25 December 2023**      **CLOSED**

**Tuesday 26 December 2023**      **CLOSED**

**Monday 1 January 2023**      **CLOSED**

If you require medical attention when the surgery is closed please call 111 who will be able to assist you. Please note if your medical need is life threatening, then you need to contact 999.

Our team are having some Christmas jumper days etc to raise donations for various charities in December. We will share some photos on facebook over the next few weeks with their donations and maybe some of their Christmas wear :)

On behalf of us all at Loomer Medical Partnership, we wish you a Happy and Healthy Christmas, and a Happy New Year!

