



Quote of the Month: "Criticism fulfils the same function as pain in the human body. It calls attention to an unhealthy state of things." Winston Churchill



Those Crazy Days of Summer!

It may be the end of meteorological summer, but hopefully the last of the summer rays will still bring some sunshine and make those autumn leaves wait a bit longer! But the season is changing, and it's time to think about your **flu jab** in preparation for winter.



New Seminar Series

Your Health Matters; that's why we're running a series of health seminars each month on subjects that are relevant to you and your family

The First One:

Seminars are just one hour long and are online; they will be saved and accessible for a while after the event.

The first seminar is on Tuesday December 10 from 7:00-8:00 pm. Full details can be found here

<https://www.eventbrite.co.uk/e/ear-nose-throat-your-questions-answered-tickets-123686414395>

The Full Series

The sharp-eyed readers will have noticed that the event takes place on the second Tuesday of the month, and that's when each of the subsequent seminars will be.

Here's the full list of topics:-

- Ear, Nose & Throat
- Arthritis – Diagnosis & Treatment
- Men's Health · Women's Health
- High Blood Pressure · Children's Allergies
- Healthy Ageing · Diabetes
- Weight Management · Depression
- Gastrointestinal Gut Issues

So please mark your diary; the second Tuesday each month.

Next PPG Meeting

We will hold future PPG meetings by Zoom – to get your invite just e-mail abellinger@gmail.com

NEXT MEETING

Feature of the Month



Do you have your invite yet?

This year the flu jabs are being delivered in the **Maltings Shopping Centre's Service Yard on Sundays on a drive-through basis. There will also be a facility for people on foot.**

The system is slightly different this year; people are being invited to get their jab as opposed to the old system of us booking our appointment. The sequence is over 65s first, then people with long term conditions in the age range 18 to 64, and finally 50 – 64 year olds.

As ever the Practice is at the mercy of the flu vaccination suppliers and this determines when we will get our invite. The invites for the over 65s are being sent out currently (with priority given to shielding patients) and invites for under 65s will follow soon provided additional supplies are received.

The Practice plans to complete all invitations for over 65s **and** 18-64 within the next 7 weeks.

With regard to the over 50s, the Practice has been advised by NHS England that vaccines should be available in good time, but until there are assurances of availability, the Practice is unable to send out the formal invites due to the lack of confidence in availability of vaccines.

See this link for all the information on the program

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>