

NEWSLETTER SEPT-DEC 23

Dr K.K Chan & Partners

Our Practice Newsletter will hopefully enable us to pass on vital and useful information to our patients. We would welcome feedback and any suggestions for inclusion in future newsletters. Please direct any feedback to the Practice Manager.

FLU SEASON



You can have an annual flu vaccination (flu jab). But it's too late if you're already feeling the shivery onset of flu. And remember, getting vaccinated doesn't protect you from every strain of virus going around, only the most common ones.

PREVENTING FLU...

Flu sneaks up on you. You can be infected for days before realising it. You can be innocently infecting others a whole day before your own symptoms show up. And you can stay contagious for up to five to seven days after you first go down with it.

Patients Eligible for a FREE FLU VACCINATION

- ◆ ***Patients 65 years and over.***
- ◆ ***Those aged six months to under 65 years in clinical risk groups***
- ◆ ***Children aged 2 and 3 years of age***
- ◆ ***Pregnant women.***
- ◆ ***Care Home and Nursing Home Patients and long-stay health and social care***
- ◆ ***Carers.***
- ◆ ***Frontline health and social care staff.***

FLU CLINIC DATE

SATURDAY 7th OCTOBER

8am—1pm

BOOK YOUR FLU VACCINATION TODAY !!



**NEED TO SEE A GP IN THE
EVENING, WEEKEND OR BANK
HOLIDAYS ?**

Ring GP ALLIANCE: 01942 482848

**PATIENTS WHO DID NOT
ATTEND A FACE TO FACE APPOINTMENT**

JUNE = 153

JULY = 126

**IF YOU CANNOT ATTEND CONTACT THE SURGERY TO CANCEL
SO WE CAN OFFER IT TO SOMEONE WHO NEEDS IT !!**

HEALTH EVENTS

September

10th World suicide prevention week [WSPD2021 - IASP](#)

13th World Sepsis day [World Sepsis Day - September 13](#)

18th-24th organ donation week [Organ donation campaigns - NHS Organ Donation](#)

28th mcmillan Coffee morning

October

National Cholesterol Month [HEART UK - The Cholesterol Charity](#)

Breast cancer awareness month [Breast Cancer Awareness Month | Breast Cancer Now](#)

18th World Menopause day [For Women - International Menopause Society \(imsociety.org\)](#)

10th World mental health day [World Mental Health Day 2023 | Mental Health Foundation](#)

12th – 20th Bone and joint week [Bone and Joint Week | Bone and Joint Action Week \(arma.uk.net\)](#)

November

Self care week [Self Care Week - Self Care Forum](#)

Mens mental health Movember

December

National grief week TBC [National Grief Awareness Week \(thegoodgrieftrust.org\)](#)

1st World's Aids day [About - World AIDS Day](#)



**Worried about your memory (or
that of a loved one) ?**

Book an appointment to see the Practice Nurse for a free Memory Test. The Nurse will ask how and when symptoms started and whether they're affecting daily life. Check whether any existing conditions, such as heart disease, diabetes, depression or stroke, are

being properly managed review any medicines you're taking, including prescribed medicines, those bought over the counter from pharmacies, and any alternative products, such as vitamin supplements.

These tests assess a number of different mental abilities, including:

- short- and long-term memory
- concentration and attention span
- language and communication skills
- awareness of time and place (orientation)

It's important to remember that test scores may be influenced by a person's level of education. For example, someone who cannot read or write very well may have a lower score, but they may not have dementia. Similarly, someone with a higher level of education may achieve a higher score, but still have dementia.