

ST MARTINS GATE SURGERY

Issue 47

October 2018

** FLU CAMPAIGN SATURDAY 6TH OCTOBER **

Once again the patients arrived in large number through the course of the morning and at the time of writing this newsletter, we have given over 1200 vaccinations, 975 of which were given on our Flu Saturday.

A number of patients commented on how well received our Flu Saturday Campaign is, and how they look forward to our annual coffee and cake morning. It is always a nice feeling when patients want to tell you how pleased they are with what we do and Flu Saturday is one of those occasions.



As in previous years we held our coffee and cake morning supported by members of our Patient Participation Group and raised a total of £290.00 The money raised will be donated to St Richards Hospice. We would like to say **thank you** to all those who joined us on what is a very busy Saturday.

** PLEASE REMEMBER **

If you have not already done so, there is still time to book in for your Flu Vaccination. This year there are different vaccines for different age-groups, and this will mean that you will be asked which age-group you fit into. Thank you for your co-operation and understanding.

** FURTHER FLU CLINIC DATES / CHILD FLU CLINIC DATES **

To check if you are eligible, please speak with Reception.

Under 65 (at Risk)		65 and Over	
DATE	LOCATION	DATE	LOCATION
11 OCT	SMG	15 Nov	SMG
19 OCT	SMG	16 Nov	SMG
24 OCT	SMG	19 Nov	St Peters
26 OCT	SMG	20 Nov	SMG

CHILDRENS FLU CLINICS HELD AT SMG
MON 29 OCT
WEDS 31 OCT
THURS 1 NOV
FRI 2 NOV
WEDS 7 NOV

Patient Participation Group

Patient Participation Group are still holding their drop in sessions. These are a great way to get your opinion across on how we can improve our services to benefit you, the patient.

Why not pop in, say hello and see if they can help you in anyway. They are available in reception to speak to you on the following dates:

- Friday 12th October
- Thursday 25th October - am @ St Peters

**No Need to Knock
Come on In!**

STOP TOBER

BECAUSE THERE'S ONLY
ONE YOU

Each year thousands quit smoking for 28 days with Stoptober starting on 1st October.

By joining in they access a range of free support including email, app and Facebook Messenger - all providing information, advice and daily tips to help them through the month.

Everyone quits together, supported by employers, communities, charities and other partners, as well as encouraging each other via the Stoptober Facebook Page. And by making it 28 days Smokefree, they are 5 times more likely to quit for good.

If you are thinking of quitting smoking now or want more information about support when you're ready to quit, there is plenty of advice and expert help available on the Smokefree Website.

 Public Health England

10 October is World
Mental Health Day



Mental health problems can affect anyone, any day of the year, but 10 October is a great day to show your support for better mental health and start looking after your own wellbeing. How do you handle life's ups and downs?

Every Mind Matters Guide - www.nhs.uk/oneyou/every-mind-matters

Breast Cancer Awareness Month



Taking place annually throughout the month of October, Breast Cancer Awareness Month aims to raise awareness about the disease and raise funds for research into its cause, prevention, diagnosis, treatment and cure.

More than 5,000 women will be diagnosed with breast cancer this October. More people than ever are surviving, but we know that physical treatment is only half the story. Breast cancer can be devastating to a woman's emotional wellbeing and many are left feeling isolated from their friends, family and colleagues; coping with anxiety, depression and the constant fear that their cancer will return. They need expert care to recover and that's why help is needed to #ShareTheCare and donate this October.

Find out more ways you can be involved this October by visiting the Breast Cancer Care website www.breastcancercare.org.uk/breast-cancer-awareness