

ST MARTINS GATE SURGERY

Issue 58

October 2019

** FLU SATURDAY 5TH OCTOBER **

Once again, the patients arrived in large numbers through the course of the morning of our annual flu Saturday, giving over 1100 and breaking our record of the number of vaccinations given!

A number of patients commented on how well our Flu Saturday Campaign was organised, and how they look forward to having a coffee and piece of cake. 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 £251.39. 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.

If you have not already done so, there is still time to book in for your Flu vaccination. To check if you are eligible, please speak with Reception. Please see the table below for our next clinic dates.

| DATE | TIME | LOCATION |
|----------|------|-----------|
| 14th Oct | AM | ST PETERS |
| 16th Oct | PM | SMG |
| 17th Oct | PM | SMG |
| 21st Oct | AM | ST PETERS |
| 21st Oct | PM | SMG |

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. 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 are ready to quit, there is plenty of advice and expert help available on the Smokefree website.

Patient Participation Group

Patient Participation Group drop in sessions 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:

- Tuesday 15th October - am @ St Peters
- Monday 28th October - pm @ SMG

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



**Patient
Access**

If you are registered for patient access and encounter any problems whilst using it please contact Patient Access directly and they will be able to help you.

If you visit their website www.patientaccess.com and scroll to the bottom of the page you will see “**Support Centre**”. Click this link and it will bring you to the support page for Patient Access and will hopefully be able to answer any questions you have and help you with any problems you may have. If the answer is not there or you are still not sure there is a “**Contact Support**” button in the top right hand corner of the page and this will enable you to write your query yourself.

Be a Soberhero and go 31 days without alcohol this October - say no to booze and yes to raising money for people living with cancer. And just like every hero's trusty sidekick, Macmillan will be with you every step of the way to help you along your sober journey.



By signing up to the challenge you're doing something amazing for people with cancer. All the money raised by those Going Sober this October will help Macmillan support even more people facing cancer.

So raise a glass (of water) and stand proudly beside people facing cancer.

HOW IT ALL WORKS



1. Sign up



2. Go booze-free



3. Raise funds



4. Help people living with cancer

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 by donations given this October.

Find out more ways you can be involved this October by visiting www.wearitpink.org

