

ST MARTINS GATE SURGERY

Issue 57

September 2019

** FLU CAMPAIGN **

NOW BOOKING FOR SATURDAY 5th OCTOBER

Summer may not be over yet, but work is already underway at the Practice for this years flu clinics!
The practice is holding their annual flu clinic on **Saturday 5th October starting at 9am**

**** ARE ELIGIBLE FOR A FLU VACCINE, ****

IF YOU ARE 65 & OVER PLEASE ASK FOR AN aTIV APPOINTMENT

IF YOU ARE UNDER 65 AND IN AN AT RISK GROUP ASK FOR A QIV APPOINTMENT

Please see below if you match any of the eligible criteria for a flu vaccination.

- 65 and over
- Pregnant
- Asthma / COPD
- Diabetes
- Chronic diseases such as heart or kidney disease
- Registered carers



*****REMEMBER YOU CAN BOOK YOUR APPOINTMENT ONLINE *****

Please help us to help you by booking in for your seasonal flu vaccination. If you are still unsure as to whether you are eligible for a flu vaccination, please contact the surgery on 01905 363351.

Come and Join Us for Tea & Cake on Saturday 5th October 2019



A number of patients over the years have commented on how well received our Flu Saturday Campaign is and how they look forward to our annual Tea and cake morning.

As in previous years we will be holding a tea/coffee and cake morning supported by members of staff with our Patient Participation Group to raise much needed funds for St Richards Hospice.

St. Martin's Gate Surgery has been a teaching practice for many years and we accept medical students on a day release from Birmingham University. Some of these students will be in their third year and the attachment to the practice will give them an introduction to the role of the General Practitioner. We ask our patients if they would be willing to help attend some of the teaching sessions. If you are willing to spare an hour or two of your time for students to practice their clinical skills, please ask at Reception for further information and complete the form provided. If you have previously put your name forward to help with the students, please could you complete a new form this year so we have your up-to-date contact details.

This is of course, entirely voluntary, but we hope this will provide a rewarding experience in the knowledge that you are helping to train our future doctors.



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:

- Wednesday 11th September *am* @ *St Peters*
- Wednesday 25th September—@ *St Martins Gate*

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

What is the PPG (Patient Participation Group)?

It is a group of patients who meet up with the practice manager and a member of the medical staff at regular intervals to see if there are any improvements that can be made to the service provided to patients.

Would you like an opportunity to influence these matters?

There are a number of ways you can do so –

See a member of the group at the regular 'drop in' sessions in the surgery waiting rooms.

Put your thoughts in writing and leave in an envelope at reception – addressed to

Phil Whitehouse, or you can e mail stmartinsgateppg@gmail.com Chairman of the PPG.

Using the Practice website www.stmartinsgatesurgery.co.uk sign up to the 'virtual group, where you will receive all the details of what is being discussed and can add your voice.

Attend one of the meetings, held, approx. every 3 months.

Next proposed meeting – Wednesday 4th September at 5.30pm

You are Welcome to join us if you can.

Walking for Health aims to improve the nation's health and well being by encouraging more people to become physically active through the simplest form of exercise, walking.

A health walk is a short, purposeful walk undertaken on a regular basis. Although walking at any speed can be beneficial and to be good for the heart should be 'brisk' (i.e. more than just a stroll). As well as improving physical health, organised walks can help improve mental wellbeing by providing an opportunity to socialise and a distraction from everyday stress.

Useful links http://www.worcestershire.gov.uk/info/20239/walks_and_rides/1013/health_walks

St Peter's Walkers Worcester St Peter's Baptist Church Friday 10.30am short & long walks Christine Shaw: 01905358640 seashells84@sky.com



**WORCESTERSHIRE
Walking Network**
www.worcestershire.gov.uk

IMPROVED ACCESS

In addition to the practice's normal opening hours, you can also book an appointment to see a local clinician in the evenings or on Saturday and Sunday at locations across South Worcestershire. GP practices are working together to provide Improved Access appointments to our patients. This means that your Improved Access appointment may be with a different GP, nurse or based in a different location or practice than you are used to, and some of these appointments are telephone only. These appointments are pre-bookable by contacting the surgery during our opening times – when calling please ask for an Improved Access appointment and our receptionists will help you to find a convenient appointment. Alternatively you can now call a dedicated number direct to book an appointment 01905 789061. This line is open weekdays 6.30 - 8pm and weekends 8 - 12am.