

The Garden City Practice proud to be

PATIENTS' VOICES



accredited

Helping you live healthier



“Your Practice, Your Voice” October 2023 Newsletter

Welcome to the October newsletter! According to a number of forecasts we may continue to see warmer than usual weather, even though Autumn is upon us. We do hope Life is happy & healthy for you all, especially for those with children hopefully settling happily into the new term.



Despite the warmer weather, it is still time to get protected against seasonal influenza. The practice is running its normal schedule of flu clinics for the elderly, vulnerable and those with long term health issues. You should be contacted automatically but please do contact the practice if you believe you need a flu booster but have yet to be contacted. You will see Patients' Voices navigators at each clinic helping reception to book you in, and point you to the correct waiting area.



As always a one way system will be in operation at each clinic in order to speed up appointment times and avoid overcrowding in the waiting rooms. Navigators and staff will be happy to assist you. Please remember, the NHS offers free flu boosters, there is no need to pay!

Patients' Voices is still looking for volunteers! If you can spare an hour or two each month? We are very keen to hear from people of all ages and all backgrounds, to build a truly diverse and all-inclusive group able to properly represent as many of you as possible. The scope for helping the practice help you live healthier is infinite, freeing up your time and reducing the pressures on primary care networks and the NHS in general. Please do leave your contact details at reception and one of us will be in touch. Patients' Voices and the practice will never use your information for anything other than group membership in accordance with current GDPR legislation.



More information can be found in the waiting rooms. Your lived experience can make a huge difference!

OCTOBER: A BUSY MONTH

It is a busy month not just for key awareness themes but without doubt pressures on the NHS continue to grow exponentially. Please bear with the practice and every single member of staff, from Receptionist to Doctor, Pharmacist to Nurse, Social prescriber to Physiotherapist and Practice Management who are working as hard as they possibly can to deliver the best possible healthcare for everybody. Patients' Voices is committed to encouraging healthy living and early intervention by sharing awareness days & themes which we hope you find useful. Please feel free to share them and contribute your own ideas! We are here to signpost you to a whole range of resources both at the practice and externally. Did you know for example you can book appointments directly with **in-house pharmacists, physiotherapists, social prescribers and prescribing nurses?** They can help you far more quickly in most instances.

There are many key factors that can make a huge difference such as monitoring your blood pressure, physical activity, & small lifestyle changes can benefit you enormously. This month features a separate supplement on this. You can call in & use the blood pressure monitor in the Bluebell waiting room whenever the practice is open. No appointment needed, just ask at reception!





Awareness days & themes for October

- 1st October** World Vegetarian Day. Make a difference by informing others about the benefits of vegetarianism, with proven health benefits & helping to preserve the earth.
<https://worldvegetarianday.navs-online.org/>
- 1st—7th October** Anaphylaxis Awareness Week. A serious & often sudden allergic reaction needing urgent medical treatment. Get ready to **#WearitBright** to create a brighter future for all affected!
www.anaphylaxis.org.uk
- 1st—31st October** Lupus Awareness Month. An immune system illness mainly affecting Females and any part of the body. A wide variety of symptoms means It can go undiagnosed leading to damage to affected organs.
www.lupusuk.org
- 1st—31st October** Breast Cancer Awareness Month. Early intervention via screening can make a huge difference. Please do look out for campaigns whenever you see them!
www.breastcancer.org
- 10th October** World Mental Health Day. There are literally dozens of websites & resources online, or accessible in person, in many cases signposting you or someone you know in need, direct to the most effective help & reassurance available. For decades this has been almost a taboo subject, with millions too afraid to acknowledge their suffering. Times are changing and support is growing much more every day. A special supplementary newsletter is being produced on this subject for 10th October. One such resource can be found at: www.mentalhealth.org.uk

Just a reminder of services that can help when the practice is closed:

- **NHS 111**
- **Herts urgent care: QEII Hospital, Welwyn Garden City**
- **Any of the local pharmacies**

**See you
In November!**