

Aldergate Medical Practice *Spring Newsletter*



Health Tips for Spring!

As we enter Spring we will encounter new challenges for our health. Please see below for tips on how to combat these;

- 1. Hayfever** - Spring is the start of the allergy season. Please visit your pharmacy to be sure you have the medications you need to get through the season. You only need to see your GP if the medications from the pharmacy don't help your symptoms. (Top tip - leave windows closed during peak pollen days)
- 2. Hydration** - As the temperature is starting to creep up it is important to make sure you stay hydrated. The NHS recommends aiming for 6-8 glasses (or cups) of fluid per day to stay hydrated, including water, lower-fat milk, and sugar-free drinks like tea and coffee.
- 3. Stay Active** - Take advantage of the nicer weather and lighter evenings by getting outside and doing something active if you are able.



Do we have your correct contact details?!

Please ensure all contact details (Address/Telephone/Email) are all correct by speaking to one of our receptionists, and updating them if needed.

This enables us to keep you updated with important news, appointment reminders and more!

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Spring COVID Vaccinations







As the Spring Covid Vaccinations are beginning please be aware that we are not administering them here at the surgery.

Spring covid vaccinations for eligible patients are available from 1 April - 17 June. From 1 April you can: Book an appointment through the <https://www.nhs.uk/nhs-services/vaccination-and-booking-services/book-covid-19-vaccination/>
OR: Find a walk in service: <https://www.nhs.uk/nhs-services/vaccination-and-booking-services/find-a-walk-in-covid-19-vaccination-site/>
OR: Call 119

Housebound patients over 75 and immunosuppressed up to 64 years.

Booster Covid vaccinations are available from 1 April. Your GP surgery has asked Springpharm Ltd to do these for our eligible housebound patients. A member of staff from Springpharm will contact you by the start of May to arrange for you to have the vaccination at home. If you do not wish to have a covid vaccination this time, please call Springpharm on 01827 702042



					
Self Care	Pharmacy	NHS 111	GP Advice	UTCs	A&E or 999
Care for yourself at home	Local expert advice	Non-emergency help	Out of hours: Call 111	Urgent Treatment Centres	For emergencies only
Minor cuts & grazes Minor bruises Minor sprains Coughs and colds	Minor illnesses Headaches Stomach upsets Bites & stings	Feeling unwell? Unsure? Anxious? Need help?	Persistent symptoms Chronic pain Long term conditions New prescriptions	Breaks & sprains X-rays Cuts & grazes Fever & rashes	Choking Chest pain Blacking out Serious blood loss

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MAY IS LIVING STREETS' NATIONAL WALKING MONTH!

Walking is one of the easiest ways to improve our health and stay connected to our community, helping us feel less lonely and isolated.

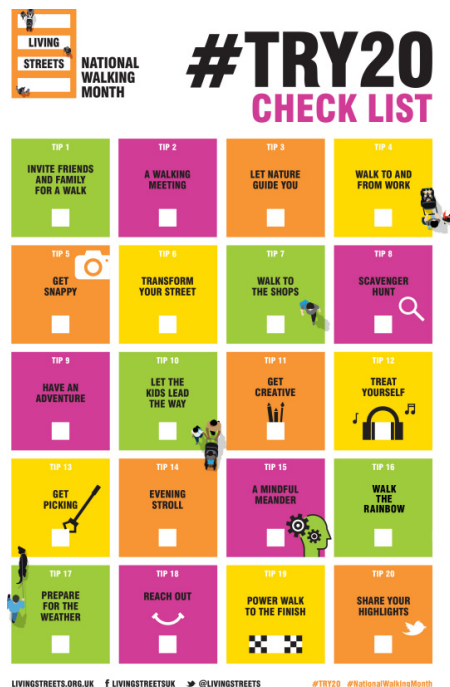
Walking is free, flexible and fun, and it's proven to have huge benefits for our health and wellbeing.

We've put together 20 tips to help you fit 20 minutes of walking into your day.

Check out each tip on the checklist and have fun!

Or download it here -

<https://www.livingstreets.org.uk/media/anplhhi1/try20-checklist-2023.pdf>



JOIN OUR PPG! (PATIENT PARTICIPATION GROUP)

We are always actively looking for ways we can improve the experience patients receive and we would love to hear from you!

Please consider joining our PPG (Patient Participation Group) where you can share your views with us and we can work together to improve the standard of service here at the practice. We do meet regularly to discuss practice business, possible service changes and future considerations. (Please note the PPG is not a forum for raising complaints or other similar issues).

If you are interested in joining and wish to register or would like to learn more about this please speak to one of our receptionists or visit our website.