



# PATIENT VOICE

The newsletter of  
The Friends of Hackness Road Surgery  
Patient Participation Group (PPG)

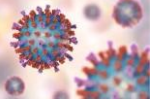
## Issue 5, January 2025

**A word from our Editor:** Happy New Year to all of the surgery staff and to you, our fellow patients. We hope that you have a very happy and healthy 2025. I hope that the weather starts to warm up soon, but at least the nights are pulling out a little, and it's nice to see the snowdrops coming through.

If you have any suggestions or comments for this newsletter, please email me at: [friendshrs.news@gmail.com](mailto:friendshrs.news@gmail.com) I look forward to hearing from you. *Sue, Editor, PATIENT VOICE.*

## Vaccinations

*Respiratory Syncytial Virus.* This is a very common winter virus that may give mild symptoms but can also cause severe pneumonia infections in babies and the elderly. If you are either:

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- i. a woman who is at least 28 weeks pregnant (the vaccine then protects your baby once it is born), or
  - ii. an adult aged between 75 and 79 years
- then you are eligible for the RSV Vaccination. The last RSV clinic of this winter is on February 5<sup>th</sup> – please contact reception at the surgery to book. We urge all of those who are eligible to have this vaccine.

## *Flu Vaccination Programme*

We thought you may appreciate hearing how the practice has met its targets for delivering flu vaccinations this winter:

In parents of children aged 2-3 years in the practice, 88% of them have responded to the invitation and have either accepted or formally declined the offer for their child to have the flu vaccine. In the over 60s, over 90% of people have responded to the offer, and in people At Risk, just under 80% have responded.

These figures show that Hackness Road Surgery has done really well to meet its vaccination targets.

### *This year's vaccination programme.*

The surgery is already preparing for future vaccination programmes to ensure that the staff are available. They will let us know about them in plenty of time to for us book if appropriate. The first programme is in spring for Covid Boosters for the over 75s, people in Care Homes and people at high risk, and will be delivered from April 1<sup>st</sup> to 17<sup>th</sup> June.

## **Winter Blues**

Do you feel down or depressed in winter? Have you lost pleasure or interest in everyday activities? This may be Seasonal Affective Disorder (SAD) – here are some small steps that may help you to boost your mood and wellbeing:



1. Lack of sunlight is a contributor to SAD, so try to get as much natural sunlight as possible.
2. When indoors during the day, sit as near to a window as possible.
3. Take plenty of exercise, particularly outdoors during daylight hours.

4. Eat a healthy, balanced diet.
5. Make your work and home environments as light and airy as possible.

Talk to family and friends so that they can understand how your mood changes during winter. If you would like to learn more about SAD and how to manage it visit: <https://ow.ly/El150UuWbV>

### **Forgot to order a repeat prescription and you've run out?**



If you need essential medication and its outside or your normal pharmacy hours then ring NHS 111, they can help.

1. Call NHS 111 or visit the website.
2. Speak to a trained advisor who can assess your situation.

3. If needed, they can arrange an emergency prescription for you.

**Remember:** Always keep your regular prescriptions topped up and know your local pharmacy hours. For immediate assistance, rely on NHS 111!

### **Top up your Vitamin D**

Winter affects our ability to get enough Vitamin D, so the NHS advises that everyone takes Vitamin D supplements in winter. This is even more necessary for people who are pregnant, young or of darker skin. For more information get the factsheet:



<http://bit.ly/2tiBs9K>

### **Long acting reversible contraception (LARC)**

Long acting reversible contraception (LARC) is a type of birth control that prevents pregnancy for a long time and is easily reversible. LARC methods include intrauterine devices (IUDs)

and contraceptive implants. Previously patients who needed this service were required to attend the Sexual Health Centre. The Practice will soon be employing a person who can deliver LARC within the surgery once a month. If you are interested in this service please contact reception.

### **Skip the wait on the phone ...**

Don't forget that you can contact the surgery online about medical, administrative or prescription issues. You will just need to answer a few short questions and the practice staff will get back to you within 2 working days (not including weekends or public holidays). The contact form is on the **home page** of the website. If you need to contact about a health issue out of hours please phone 111, or 999 if it is an emergency.

### **A word from Gill Furze, Chair of the Friends Group**

This newsletter is by the **Friends of Hackness Road Surgery**, which is a Patient Participation Group (PPG). We provide a forum for patients to work with practice staff to help improve services. We meet as a group with staff four times a year, and contact each other and the staff via email whenever we need to.



If you are interested in joining us we would love to meet you! However, if you are unable to attend meetings then there is an option to become a member of the Virtual Friends. You would still be able to comment on decisions made within the practice, but you would do this by email. If you would like to know more you can contact me, Gill Furze, on [friendshrs.chair@gmail.com](mailto:friendshrs.chair@gmail.com) There are joining forms at the surgery – please ask reception staff if there are none left in the waiting room.