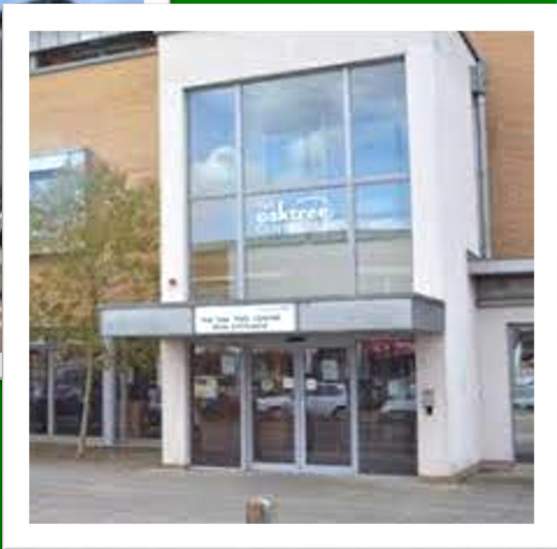


# acornsurgery



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## acornsurgery

### Newsletter



Newsletter Highlights

Staffing News

LGBTQ+ Inclusive

Self Care

Winter Health

#### SURGERY STATISTICS

Busiest Times of Day:  
08:30 - 09:30 & 14:00 - 16:00

We now have 11,191 on our Patient List and have welcomed 438 new patients since our last news letter, September— December 2023.

Feedback from Patients — 96% Positive rating

In **December** we had:

- ◆ 1621 Face to Face appointments.
- ◆ 1684 Telephone appointments.
- ◆ 461 Online Medical Advice requests.
- ◆ 853 Online admin requests.
- ◆ 2388 Telephone Calls Answered.
- ◆ 257 referrals sent to Secondary Care
- ◆ 226 Missed Appointments



Follow us on



## Staffing News

Meet our newest GP Partner, Dr Simon Leveritt

Dr Leveritt is originally from Suffolk and completed his medical training at University of Nottingham in 2013 and his GP training in London in 2020.

He enjoys general practice with particular interests in minor surgery, joint injections, and infectious diseases.

He is a keen cyclist and runner, and he and his wife are embracing the cold to train for their first marathon in 2024.

When not outside, he plays guitar, and rumour has it that he can cook a fiery Caribbean fish curry.



We are very happy to also welcome:

Dr Kenth and Dr James working Monday, Tuesday, Wednesday and Fridays until April 2024.

### Patient Participation Group — We Need You!

We would like to encourage our patients to join our Patient Participation group. We have a very active and dedicated Group (PPG). They are all registered patients who help us to improve our communication with patients and to meet the needs of different patient groups. We need representatives from all ages, ethnic groups and walks of life to build on the good work and services we already offer to develop the Practice. The members act as our 'critical friend' and also organise fund-raising and education events. Their monthly meetings are open to any registered patient to attend and are held on the last Monday of each month from 12.00—1pm or why not join our virtual group and engage via email. If you would like to either group please email [acorn.enquiries@nhs.net](mailto:acorn.enquiries@nhs.net) for more information.

## Keep Warm

Keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom. This is particularly important if you have a health condition. It's best to keep your bedroom windows closed at night.

Huntingdon Council provide warm spaces at:

### Huntingdon Library

Open Mon, Tues and Fri: 9.30am – 5pm  
Wed: 9.30am – 7pm  
Thurs: 9.30am – 1.30pm  
Sat: 10am – 4pm



### Huntingdon Methodist Church

Open for everyone Wed, Thur & Fri 10am-12pm

### Huntingdon One Leisure

Opening hours Mon to Fri: 10am to 6pm Sat to Sun: 10am to 3pm

### Huntingdon Parish, All Saints Church, Market Square

Wednesday and Saturday 11am-1.30pm

### The Coneygear Centre, Butts Grove Way

Call 01480 388677 for opening times and information on activities

Find out about ways to save energy in your home from [GOV.UK](https://www.gov.uk) or call the

## Practice Closures

The surgery will be closed in the afternoon for staff training and development on the following dates

**Tuesday 23 January 2024**  
**Thursday 29 February 2024**

If you require urgent medical assistance during this time which cannot wait until we re-open please call NHS 111 for advice

## Winter Health

Maintaining good health during the winter months is essential to prevent illness and support overall well-being. Here are some tips to help you stay well over the winter:

### Get Vaccinated

**Pneumococcal vaccine**, If you're 65 or over, you're also eligible for the pneumococcal vaccine, which will help protect you from pneumonia.

**Shingles Vaccines**, all individuals become eligible for the shingles vaccine (Zostavax or Shingrix) once they reach 70 years of age and they remain eligible for the shingles vaccine up to 79 years of age.

**Flu Vaccine** You may be able to get the NHS flu vaccines if you: are aged 65 or over (including those who will be 65 by 31 March 2024) have certain health conditions or a learning disability are pregnant, a carer or live with someone who has a weakened immune system.

### Mental Health

Many of us may feel a little low at some points during winter. There are simple things you can do to look after your own mental health as best as you can:



Get active. Exercising, whether intensely or lightly, can help lift your mood. You don't have to run a marathon to get the benefit - a simple stroll or a cycle trip around the block can already make a difference.

- Go outside. It's especially helpful for your mood to go outside and keep active, do try to get out - even if it's just for 10 minutes or so.
- Eat a balanced diet. What we eat can impact how we feel. Try to eat plenty of fruit and vegetables.
- Connect with others. Speak to family and friends or drop by your neighbour for a chat.

You can find further advice on looking after your mental health via our website or [Every Mind Matters www.nhs.uk/every-mind-matters/](http://www.nhs.uk/every-mind-matters/). Sometimes these tips won't be enough. If you need help, please don't be afraid to ask for it.



### Inclusion in Practice

We support everyone, regardless of gender identity or sexual orientation and strive to ensure all our patients have an empathic and quality experience.

All our staff at the practice are working to improve their understanding of the issues facing our LGBTQ+ patients and positively support them in accessing the care they need.

### Changing your title or pronouns

Did you know you can change your title from Mr to Miss/Mrs/Ms or from Miss/Mrs/Ms to Mr without changing your gender. We can also set your title to the gender neutral Mx.

If you want to change your preferred pronouns (Him/He/Her/She/Hers/Them/They), just let us know.

### Changing your name

If you would like to request your name to change on your medical records, you just need to let us know by using our contact form via our website or come into the practice and request a paper form.

Visit our website for more support & information

Web Site address: [acornsurgery.com](http://acornsurgery.com)





**Caring Together Charity**

**Looking after someone?**

Whether it is a family member, friend or neighbour, we can help you

Cambridgeshire • Peterborough • Norfolk



Help for unpaid carers this winter.

Caring Together Charity offer free services and support to unpaid carers. This includes support for them to attend their own medical appointments, a Break if they are in crisis or feeling overwhelmed, and much more. Unpaid carers can contact Caring Together directly to ask for support at [www.caringtogether.org/ask-for-support/](http://www.caringtogether.org/ask-for-support/), by emailing: [hello@caringtogether.org](mailto:hello@caringtogether.org) or by calling **0345 241 0954**.



**Waiting for hospital treatment?**

For support, advice, and answers to your questions and concerns, visit our website



If you're feeling worried or anxious whilst waiting for surgery or an appointment there is local help available.

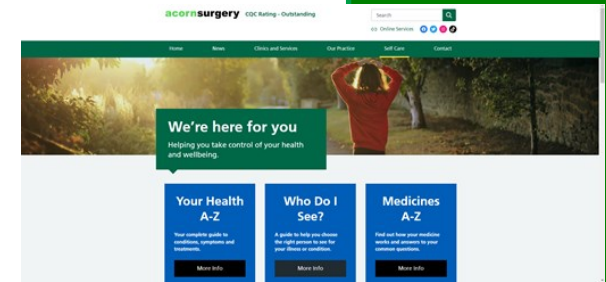
Have a look at [www.cpics.org.uk/waiting-well](http://www.cpics.org.uk/waiting-well)

**Have you seen our website?**

Our website is full of helpful information to help you and support your health needs. Why not take a look? It could save a phone call.

Go to [acornsurgery.com](http://acornsurgery.com) for:

- Latest news
- Information on services
- Self care information
- Self referral information
- How to contact us
- Information about the NHS App and how to register

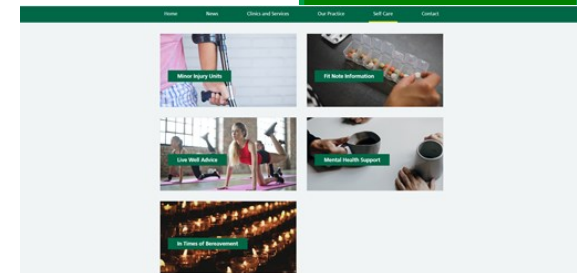


**Self Care—Who do I see**

At Acorn Surgery we prioritise your wellbeing and want to empower you with the knowledge and tools for self-care. Taking care of your physical and mental health is essential, and we're here to support you on your journey to a healthier, happier life.

Explore our self-care resources

- Who do I see
- Your Health A-Z
- Medicines A-Z
- Self referral information
- Live well advice
- Mental Health Support
- In times of Bereavement



Remember that small, consistent steps toward self-care can lead to significant improvements in your overall health. Explore our self-care resources and make your well-being a priority.