

Call for volunteers!

It takes many people to ensure our vaccination clinics run smoothly and safely so if you're able to help, please consider volunteering. Please fill out a Footfall form and we'll get in touch with more details. From car park control to hand sanitising – we really appreciate your help!

Easter opening times

We will be closed from 1800 on Thursday 14 April and will reopen at 0800 on Tuesday 19 April. In order to have your prescription ready for Thursday please ensure that they are put into dispensary by midday on Tuesday 12 April.

The Patient Participation Group

The Patient Participation Group (PPG) is there for you if you'd like to make a suggestion about the services provided by the Practice. Our email address is ppg.fakenham@nhs.net and we would encourage you to contact us online wherever possible.

■ Fakenham Medical Practice
Reception 01328 851321
Repeat Prescriptions 01328 850324

■ Norfolk County Council
Social Services
0344 800 8020

Fakenham Medical Practice website
www.fakenham-medical-practice.nhs.uk

Staff turnover

Like most organisations the pandemic hit our team quite hard, and we have had a heavy turnover of staff recently so you will be seeing some new faces around the practice. Some notable ones are that Dr Mokwe has left us and Mr Keeler, (one of our first contact physios) has moved to a role closer to home, but I am pleased to announce that we have had three new fantastic nurses join us along with some new administrators.

surgery notes

NUMBER 40 SPRING 2022

Booster vaccine plans set out

The government has now set out its covid vaccine plan for the year ahead and it covers two time periods.

This includes a spring booster campaign and an Autumn one running alongside flu. We have been asked to develop a plan to cover the following for the spring booster campaign:

- Over 75s
- CEV/Immunosuppressed patients
- Those patients in care homes
- Housebound patients
- Children aged 5-11 years

Alongside running this programme of vaccines, we will continue to deliver our core services to our patients.

We will be holding a clinic for 5-11 year olds on Saturday 9 April from 0830-1230. We will be conducting care homes visits on Friday 22 April and we will be in touch with the housebound in due course. The over 75s and immunosuppressed can attend on Saturday 23 April. The clinic will run 0800-1700. Once we are given the go ahead by NHS England we will communicate via text to those who are eligible and patients will be able to book into an appointment.

It takes a huge amount of manpower to put on a clinic so if you wish to volunteer please do contact us via Footfall and we will get back in touch with you.



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On the 18 June, staff from the Practice will be taking part in the Norfolk Superhero

– a 1-mile sea swim, 4-mile kayak, 46-mile bike ride and an 8-mile beach run in aid of The Holt Youth Project.

Drs Powell and Coghill will race as a team against Dr Ferrar and her husband and Mrs Buchan (CEO) and her friend to see who can complete the course the fastest, alongside over 200 other competitors.

The event is based at Burnham Overy Staithe if anyone would like to come and support, before heading out onto the roads which pass through Ringstead, Dersingham, Houghton and South Creak. All finished off with a beach run to Holkham and back. The organisers are always looking for volunteers to help out,

if you wish to get involved please contact the race organiser at riddy@norfolksuperhero.co.uk

The Holt Youth Project is a charity that provides a safe environment for young people to socialise and learn vocational skills. They support young individuals with mental health, learning disabilities, NEET's and Asperger's or Autism. If you would like to donate, there will be a fundraising page on the website very soon

www.norfolksuperhero.co.uk/charities or you can drop a donation into reception.



Face coverings to be worn in the Practice

Although masks are no longer required in some public spaces, they are required to be worn in health and care settings to comply with infection prevention and control and adult social care guidance. **You are required to wear a face covering on entering the Practice and must keep it on until you leave or if you are exempt.**

We have some very sick patients attending appointments and this will also protect them from catching Covid or other illnesses that could be spread by not

wearing a mask. It also means that although vaccinated staff may not get seriously ill with Covid, they are still required to self-isolate and this will impact on the number of staff available to see patients and may cause a delay in appointments for all.

Our Patient Coordinators have masks available and we would ask you not to be rude or abusive to our staff if they ask you to wear one. They are doing this for your protection as well as theirs and that of our patients.

Mental health: help us help you

A new NHS England and NHS Improvement mental health campaign is now underway.

It aims to encourage anyone experiencing feelings of anxiety, depression or other common mental health concerns to seek help through NHS Talking Therapies services (also known as IAPT- Improving Access to Psychological Therapies).

After being gifted the song rights by Apple Corps and Sony, the campaign creative will use lyrics from the Beatles' song 'Help!' to powerfully bring to life the message that anyone can experience feelings such as anxiety and depression and that it's totally normal to ask for help.

The campaign aims to increase awareness of these services and the number of people accessing them via self-referral, or via their GP – in particular

looking to reach people who are struggling and realise they need help, but don't know how or who to go to for support.

NHS

“Help me if you can, I’m feeling down”

The NHS is here to help

Feelings of anxiety and depression can affect us all. If you need help with your mental health, you can refer yourself, or your GP can refer you. Let us help you get your feet back on the ground. Go to nhs.uk/help

Mental health matters Help us help you