Happy January to everyone.

As I am sure many of you are all too aware there has been an unpleasant outbreak of **Influenza A** which hit our area before Christmas making us extremely busy as both staff and patients were unwell. Please remember to **wear masks** when in the surgery if you have a fever symptoms/ cough/ cold/ sore throat- and to consider wearing one if you wish to protect yourselves.

Winter is often difficult (remember the Strep A outbreak last year?), and there are 80% more lung disease admissions in the winter months of December, January and February than there are in the warmer months of March, April and May. For those with COPD or emphysema lung problems it can be a difficult time. However its not all bad news! Asthma and Lung UK have written an excellent guide with tips to optimize winter lung health: <https://www.asthmaandlung.org.uk/winter-lung-health>

January is a GREAT TIME to consider **new health goals**. Two classic ones we can help you with:

1. New resolution to stop smoking? Our smoking cessation team can help on 01432383567, or [htls@herefordshire.gov.uk](mailto:htls@herefordshire.gov.uk)
2. Do you have high blood pressure or diabetes and carry a bit too much weight? We have a FREE digital weight loss program available on the NHS we can refer you to. Simply call our medical secretary who can do the referral. We have had good feedback from this service.
3. Join our walking group!- This will be starting at Kingstone every Tuesday. This walk is aimed at everyone who does not have the confidence to join bigger walking group, patients with health conditions, patients that just want to join in. Jolanta says ‘We will walk with the pace of slowest walker, no one will be left behind.’ Email Jolanta.seavor@taurushealthcare.co.uk or send txt to 07810063784 for more information.

**Stats of the month**:

Did you know, ten percent of patients registered at Kingstone do not have a mobile phone number on record? As we use text messages a lot to contact you, or for appointment reminders, please do make sure you let us know fi you have a number (or have changed your number). You can even do this via our new website <https://www.kingstonesurgery.co.uk/practice-information/update-your-contact-details/>. Meanwhile, sixty-six percent of patients have access to online patient records. Make sure you think about using this for ordering your medications either online or via the NHS app (via smartphone or online).

On a non-statistical note, our practice manager has asked me to remind you not to park in the disabled bay unless you are a blue badge holder. Our patients of limited mobility really need these spaces.

Finally, thank you to all those of you who dropped off festive cards and presents for the surgery staff. The good cheer and sugar definitely helped us get through, and we were touched by your kindness.