

DECEMBER 2024

Wrap up warm this winter

NHS
Suffolk and
North East Essex

Prevent

Get your flu and covid vaccines if you are eligible
Visit: sneevaccine.org.uk

Prepare

Have a stock of medicines at home such as paracetamol and cough medicine to treat common winter health problems

Ask

If you're not sure what to do, visit 111.nhs.uk, call 111, or ask your local pharmacy or GP surgery

Act

Ring 999 or go to the Emergency Department (A&E) for life-threatening serious illness or injury such as severe breathing difficulties, severe bleeding or loss of consciousness

Welcome to the Christmas edition of the PPG newsletter, this edition is to help keep you safe and informed over the Christmas period.

There are some great tips on how to keep yourself healthy and safe on the Suffolk and North East Essex website;
sneevaccine.org.uk

Take a look, there are some really good suggestions!

On behalf of the PPG and the surgery we would like to wish you a healthy Christmas and a Happy New Year.

The surgery has been able to create one new clinic room on the first floor, room 27.

They have also been able to create a large Hub that will be able to accommodate upto 10 staff or future medical students

If you are interested in joining the PPG please contact aimee.wiseman@nhs.net or Mark.Jepson-jepson413@btinternet.com

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The 4 steps


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NHS
Providing NHS services

Most pharmacies can help you with **seven common conditions** without needing a GP appointment

- Sinusitis**
(adults and children aged 12 years and over)
- Sore throat**
(adults and children aged 5 years and over)
- Earache**
(children and young adults aged 1 year to 17 years)
- Infected insect bite**
(adults and children aged 1 year and over)
- Impetigo**
(adults and children aged 1 year and over)
- Shingles**
(adults aged 18 years and over)
- Urinary tract infection**
(women, aged 16 to 64 years)

Ask your pharmacy for more information about this free* NHS service

Visit your Pharmacy First!

*NHS prescription charge rules apply where a medicine is supplied

There are some conditions that do not require a visit to the surgery, this poster gives you information on the conditions that can be treated without the need to speak to your GP or attend the surgery.

Happy Christmas!