

Wickham Market Medical Centre & Rendlesham Surgery

Spring Newsletter



Get your blood pressure checked today!

If you hand the reading in to reception we can get this recorded and contact you if any further monitoring is needed.

Spring Covid Boosters

We will be offer spring Covid vaccinations

- Over 75's
- Residents in care homes
- Aged 5 and over who are immunosuppressed.

NHS will send Invites out in due course once we have secured vaccine

SARS

A massive thank you to all the patients that got involved with our mission to raise money for Suffolk Accident Emergency Service.



We raised a total of £300!

Have you updated your Address, Mobile number, home number, email address recently?

Please make one of our receptionists aware so we can ensure we have the best contact details for you.





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Cervical Smear Tests-Don't Delay.

Recent national figures have shown a low percentage of uptake for smear tests, the practice would like to remind women aged between 25 and 64 to not delay booking their cervical smear tests.

If you would like to speak to someone before having your cervical smear please call [Jo's Cervical Cancer Trust helpline](#) on [0808 802 8000](#)

ZERO TOLERANCE

Unfortunately in recent weeks and months, there has been a noticeable increase in the level of abusive behaviour towards our staff at the medical centre. We appreciate it has been a difficult time but our staff work very hard under increasing pressures please be polite and courteous.

Travel Policy

The practice has recently updated its travel policy.

We are now taking booking for travel vaccinations. Patients will be required to complete a form which is available from reception. Please complete the form a minimum of 6 weeks before your date of travel, this allows chargeable vaccines to be ordered and given in the appropriate timescales before the date of travel. For more information the policy is available please ask at reception.

ARE YOU, OR SOMEONE YOU KNOW, WORRIED ABOUT THE RISING COST OF LIVING?

We are helping East Suffolk Ease the Squeeze on the rising cost of living with a range of projects, initiatives and information which is all available at www.eastsuffolk.gov.uk/squeeze

Can't access the website? Call 0333 162 000 to access Ease the Squeeze support. Also ask about face-to-face

Flu, Shingles, and Pneumococcal vaccinations

We are still offering Over 65's flu, pneumonia and shingles injections. Ask our receptionists today!

Follow us on Facebook!

We are now on Facebook, please follow and keep up to date with any urgent matters happening at the surgery.



Opening Times for Easter

We are CLOSED 7th and 10th of April

If you do have any medical queries/emergencies on these days please contact NHS 111.

Please remember to order your repeat medication in plenty of time.

Staff

We are very pleased to welcome to the following new staff to the practice

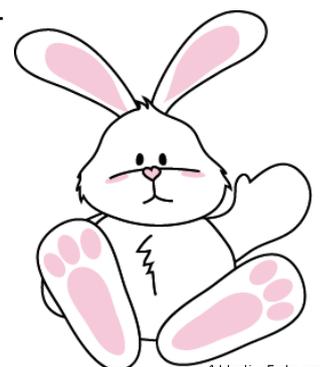
Sarah and Will who have joined our reception team, both have a great history in customer service.

Also Anna an experienced care navigator has also become apart of our reception team.

Deben Health Group Primary Care Network are recruiting

Our primary care network are looking for two new Patient Co-ordinators members to join their team. The successful candidate would join our Team of Patient Coordinators, Mental Health Practitioners, Pharmacy Technicians, Clinical Pharmacists, Data Administrators, Trainee Nursing Associates and First Contact Physiotherapists. For more information visit Primary Care Careers.

<https://bit.ly/3Zs8bal>



Wickham Market Medical Centre & Rendlesham Surgery

Patient Group Members:

Eleanor Crowhurst (chair)

01394 421763

07957 564554

eleanor.crowhurst@btinternet.com

Victoria Sangster (Vice Chair)

01394 461437

willowvictoria@btinternet.com

Daphne Rose

078349486670

robdaphnerose@btinternet.com

Deano Addison

deano.addison@hotmail.co.uk

Georgie Webb

01394 615642

georgiewebb@aol.com

Kerry Day

07751 161357

doug.day1@gmail.com

Tracy Brooke

mrstracybrooke@gmail.com

