A house in the snow

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**NEWS FROM THE PRACTICE MANAGER**

**Premises**

We are pleased to see that our long running building renovation is almost complete now, with the finishing touches and fittings still to conclude the works and our final consulting room will be back in service in early October.

**Seasonal flu**

We are providing seasonal flu vaccinations to the traditional groups over 65 and over together with higher risk patients with long term conditions. You may have received a text to book your vaccination this year which removed the need for many of our patients with Smart Phones to telephone in. This appears to have worked well and has significantly reduced the pressure on the phone system. Anyone wishing to have a flu vaccination outside of the Nationally advised criteria is able to book one at some of the local pharmacies, although these are not free. Sadly, our NHS contract prevents us from offering chargeable vaccinations to our patients.

**Covid Autum boosters**

The Autum boosters started in September and eligible patients should be invited through a national campaign. We recommend calling 119 or booking on-line for your vaccination for a local vaccination; these appear to be updated regularly so please keep trying.

**Car parking**

From time to time, we experience issues with local residents parking in our car park and in some cases leaving the cars there for many hours preventing patients or staff parking. Our car parking is relatively limited so would appreciate only parking in our private car park when using the surgery, thank you.

**Telephones**

There have been recent issues in contacting the surgery involving a ‘whistling’ sound. After a lot of calls to our system supplier and KCOM this was advised as being an issue linked to KCOMs removal of the old analogue copper lines across Beverley. This fortunately appears to have been resolved within a few days.

***You do not need to phone us for prescriptions!!***

Ordering by email is quick, easy and can be done 24/7 at your convenience.

**No more hanging on the telephone!**

Simply email us at [prescriptions.ofs@nhs.net](mailto:prescriptions.ofs@nhs.net) with your name, D.O.B and the name of the medications you wish to order. Collect at your usual pharmacy.

***Regular Opening Hours***

**Monday 08.00 – 18.00  
Tuesday 08.00 – 18.00**

**Wednesday 08.00 – 12.45**

**14.00-18.00 (Due to staff training)  
Thursday 08.00 – 18.00  
Friday 08.00 – 18.00**

**Closed Christmas Day, Boxing Day and New Years Day.**

***Amandeep – Beverley Primary Care Network (PCN)***

Hi there, my names Amandeep, and I’m a pharmacist working for Beverley PCN. I’ve started with the PCN way back in June 2023, which feels a long time ago! I’ve met a lot of lovely new people, and every day is a learning experience for me at the minute, especially since my background is in hospital (outpatient pharmacy that dealt with chemo) and community pharmacy, so I will be asking a lot of questions since I have not worked in primary care before. I’m stationed between 8 different practices, which means the work I carry out is varied every day.

As a PCN pharmacist I deal with structured medication reviews, acute prescription requests, medicines reconciliation, medicine management, medicine queries, clinical letters, discharges, communicating blood test results and acting on them and much more. Every day is different, with a range of medical conditions you deal with and varying patient journeys. A pharmacist in a GP surgery has a unique opportunity to help support patients to take ownership of their medication by ensuring it is optimised. My area of expertise is Asthma, so I conduct asthma reviews once a week in one of the surgeries I work in. I will be looking to expand my clinical expertise as I get more comfortable within my role. But the aim is improving patient care and alleviating pressures from GPs. I work here alternate Mondays and Thursdays so if you do want to ask me anything medication related please ask.

**USEFUL NUMBERS**

OLD FIRE STATION…………………………….. 01482 862236

SPINKS CHEMIST……………………………….. 01482 882562

CASTLE HILL……………………………………….. 01482 875875

HULL ROYAL INFIRMARY……………………. 01482 328541

EAST RIDING HOSPITAL……………………… 01482 886600

SPIRE HULL AND EAST RIDING…………… 01482 659471

SINGLE POINT OF CONTACT………………. 01482 301701

PHYSIO DIRECT………………………………….. 01377 208300

**TRAVEL VACCINATIONS**

Please remember to contact us as soon as possible after you book. Simply download and complete the form available on our website. If you do not have a printer we have copies available at the reception desk. Our nurse will check your itinerary and contact you regarding any treatment you need.

**VITAMIN D - DID YOU KNOW?**

From late March/early April until September our bodies should be able to make all the vitamin D that we need from being exposed to sunlight.

During the winter people will not get sufficient exposure to sunlight and you will need to get vitamin D from your diet. It is contained in foods such as oily fish, red meat, liver, egg yolks and fortified foods such as some fatty spreads and breakfast cereals.

Because it can be difficult to get enough vitamin D from diet alone the NHS recommends that everyone (including pregnant and breast-feeding women) should consider taking a daily supplement of 10 micrograms vitamin D. This is easily available from your pharmacy without prescription.

If your GP has recommended, you take a different amount you should always follow their advice.

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PPG are an asset to the practice giving direct feedback on the service provided by The Old Fire Station Surgery. The next meeting will be in July 2023. If you wish to participate, please email [hnyicb-ery.ofs-pp@nhs.net](mailto:hnyicb-ery.ofs-pp@nhs.net) to express your interest.

**Are you eligible to get the shingles vaccine?**

From 1 September, the Shingles vaccination programme is changing and we will be contacting eligible patients when they are due. Whilst Shingles can occur at any age the risk, complications and severity increases with age as do those who have a severely weakened immune system. Those eligible are:

* Anyone who is severely immunosuppressed and over 50 years old is eligible for the new Shingrix vaccine
* Everyone aged 70 to 79
* Patients turning 65 and 70 years old will be able to get the vaccine after their birthday **(not 66–69-year-olds at this stage)**

You will be given 2 doses of the shingles vaccine. For those that are immunocompromised, the gap between doses is from 8 weeks to 6 months. For those that are immunocompetent the gap is 6 to 12 months

Anyone already vaccinated against shingles with the Zostavax vaccine does not need re-vaccination with Shingrix.

**Have we got your correct Details?**

Please make sure we have your contact details up to date, as we may need to let you know of something with regards to your health or test results. Your GP Surgery is your gateway to the rest of the NHS, so when you change your address and telephone number with us, it is changed across the whole of the NHS. It is also particularly important if you have requested an ***emergency appointment*** to ensure we have the right means of getting in touch.

**Self-Referral Services**

On some occasions you can refer directly to a service provider if you are confident, it is the service you need.

**Stop Smoking – City Health Care Partnership**Ready to stop smoking? For free one-to-one or group advice:

CALL **0800 915 59 59** or text **QUIT** to 61825\* \*Normal network rates apply

[**www.readytostopsmoking.co.uk**](http://www.readytostopsmoking.co.uk/)

**Alcohol & Drugs services -**01482 336675 – self referral 9am – 5pm.

**Mental health and Wellbeing Coaches**

If you are struggling with low mood, anxiety, and depression they offer 1:1 support. This is a free and confidential service.

Self-Referral 0800 9177752

**Adult Mental Health Services**

24 Hour self-referral inc. crisis team -01482 301701

**Child & Adolescent Mental Health Services**

01482 303810 9am – 5pm for self-referral -01482 301701 – Option 1

5pm – 9am – out of hours crisis team.

**Domestic Violence Adult Services -**01482 396330