



## Ash Grove Medical Centre

Tel: 01977 673141 – Appointments & Enquiries

[www.ashgrovesurgery.co.uk](http://www.ashgrovesurgery.co.uk)

Welcome to the Autumn issue of our Practice Newsletter. In this Newsletter, we aim to provide patients with up to date news, changes to the services we provide and useful information.

### Staff News

We would like to extend a warm welcome to our three new receptionists Sally Robertson, Chloe Scott-Ward and Zelda Baker, who have recently joined the team at Ash Grove Medical Centre.

### Staff Training Days

Please make a note of the dates below when the surgery will close at 12.00pm for staff training. We will close at 12 noon on the day of training and re-open the following day at 8.00am. If you need a doctor in an emergency, please telephone NHS111.

**12 October 2022**

**9 November 2022**

**11 January 2023**

**8 February 2023**

**15 March 2023**

### Flu Vaccine Season 2022/2023

Eligible groups

- Aged 2 and 3 years on 31 August 2022
- Those aged 6 months to under 50 years in clinical risk groups
- Pregnant women
- 50 to 64 year olds
- All those aged 65 years and over
- Those in long-stay residential care homes
- Carers / in receipt of carer's allowance / or main carer of an older or disabled person
- Close contacts of immunocompromised individuals
- Frontline health and social care staff

### **Eligible but done via the school nurses**

- School aged children - all primary school aged children (reception year to year 6) and eligible secondary school aged children

### **COVID Autumn Boosters**

You can have a seasonal booster dose (autumn booster) of the COVID-19 vaccine if you are:

- Aged 65 or over
- Pregnant
- Aged 18 and over and a carer, either paid or unpaid
- Living or working in a care home for older people
- A frontline health and social care worker

Book in at the Surgery for flu and COVID together or just Flu, if you are wanting COVID only please book through the national booking system

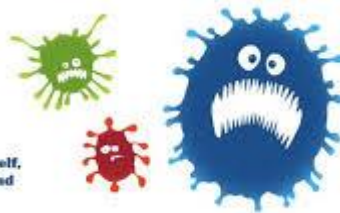
Home visits are being organised and will be done when we can secure a collection of COVID vaccines and have a nurse available.

### **Eligible to book through 119 or online (The National Booking System)**

- Aged 5 and over and at high risk due to a health condition
- Aged 5 and over and at high risk because of a weakened immune system
- Aged 5 and over and live with someone who has a weakened immune system
- Aged 16, 17 and a carer, either paid or unpaid



**Flu  
jab**  
Protect yourself,  
your family and  
colleagues



## GP Care Wakefield – evening and weekend clinics in Wakefield District

If you're unwell and think you need to see a GP out of your GP practice hours the GP Care Wakefield can help. They are the Wakefield-wide GP-led Primary Care service delivering GP extended hours.

From October 2022, the following services will be available through our practice across the district.

- Routine GP appointments – Face to face GP appointments available on Saturdays for problems that are not urgent and do not need continuity of care
- Same day GP appointments – Offering access to same day GP appointments available from 3.30pm Monday to Friday
- Practice nurse and HCA appointments – Offering a wide range of practice nurse services
- Long Term Condition (LTC) check clinics – these are HCA clinics to collect information needed for LTCs



## Turning Point Workshops held at Ash Grove Surgery



**TURNING POINT TALKING THERAPIES WAKEFIELD  
ONLINE EMOTIONAL WELLBEING WEBINARS**

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Our free NHS-funded workshops are 60-90 minute self-management sessions to help you learn practical tips and techniques to manage your health and wellbeing. These sessions are delivered by one of our therapists who will talk you through small steps you can make straight away to improve your mood and quality of life and also detail how you can access more support.

<p><b>Managing Anxiety and Worry</b> 30th Oct- 10.30am-12pm 4th Dec- 1pm-2.30pm</p> <p><b>Loneliness and Isolation</b> 23rd Oct- 1pm-2.30pm 27th Nov- 10.30am-12pm</p> <p><b>Positive Body Image</b> 20th Nov- 1pm-2.30pm</p> <p><b>Exploring Grief &amp; Depression</b> 9th Oct- 10.30am-12pm 4th Dec- 10.30am-12pm</p> <p><b>Introduction to Mindfulness</b> 2nd Oct- 10.30am-12pm 18th Dec- 10.30am-12pm</p> <p><b>Emotional Eating</b> 13th Nov- 10.30am-12pm</p> <p><b>Winter Wellness</b> 23rd Oct- 10.30am-12pm 27th Nov- 10.30am-12pm</p>	<p><b>Combating Low Mood</b> 30th Oct- 1pm-2.30pm 18th Dec- 1pm-2.30pm</p> <p><b>Overcoming Panic Attacks</b> 2nd Oct- 1pm-2.30pm 6th Nov- 10.30am-12pm</p> <p><b>Anger &amp; Irritability</b> 11th Dec- 10.30am-12pm</p> <p><b>Menopause &amp; Me</b> 16th Oct- 10.30am-12pm 13th Nov- 1pm-2.30pm</p> <p><b>Improving Sleep</b> 9th Oct- 1pm-2.30pm 6th Nov- 1pm-2.30pm</p> <p><b>Managing Work Stress</b> 16th Oct- 1pm-2.30pm</p> <p><b>Coping With the Festive Period</b> 20th Nov- 10.30am-12pm 11th Dec- 1pm-2.30pm</p>
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Our Workshops are suitable for anyone aged 16 or over and registered with a Wakefield or 5 Towns GP.

**To book yourself or someone you know onto a workshop please book directly  
via : [talking.turning-point.co.uk/Wakefield](https://talking.turning-point.co.uk/Wakefield)  
or call 01924 234 860**



An overview of behind the scenes in a typical day at a GP surgery

