**West Oak Surgery**

**Winter Newsletter 2020/21**



Welcome to our Winter newsletter. What uncertain times we are in at the moment. Please be assured we are still here for you, we are open, even though our doors are closed at the moment to minimise risk to staff, and you as our patients. The GPs are dealing with most of your queries by telephone now but they do invite you in if they feel they need to see you face to face. We are also still open for urgent blood tests – as requested by the GP. The practice nurses are continuing to see patients who have been called for cervical screening and we are still continuing with our flu clinics and child immunisations.

**Flu clinics**

If you have not had your flu vaccine, or booked an appointment yet, please call the surgery as soon as possible. We have very limited vaccines for patients at risk *and* aged under 64 patients. We are hoping for further supplies soon, possibly the end of November? If you are in the group of 50+, and not at any clinical risk, please understand that you will not be called until at least December and this is only if we have any supply left. The government are trying to source more vaccines for everyone – we just need to wait and see nearer the time what they have. If you are keen to have the flu vaccine sooner – you can always contact the local pharmacy and book in. They may charge you but it is a minimal fee and potentially worth it for the protection it gives.

**Shingles and Pneumonia vaccines**

We are still able to give you shingles and/or pneumonia vaccines if you have not had one yet. These are both only given usually once in your lifetime (unlike the flu injection which is given every year) but there are restrictions on who can have them – call the surgery, or check on the internet, to see if you are eligible.

**Good news**

Dr Hinson is currently pregnant and commences maternity leave in January 2021. We wish her all the very best for the safe delivery of her second child. Whilst she is away on leave we have Dr Kate Jack helping us out and covering Dr Hinson’s surgeries. She has worked with us many times before – I am sure a lot of you will have already met her, or spoken with her.

**Asthma advice**

If you suffer with Asthma there is lots of information on the website ***Asthma.org.uk***. They have up to date health advice and links about asthma, COVID-19 and shielding, etc. Check it out.

**Coils and implants**

Ladies who are interested in having a coil or implant fitted – our service to provide this is currently suspended due to the above news that Dr Hinson is currently pregnant and has an increased risk of developing COVID-19. You are able to self-refer to Victoria Health Centre. The number is 0115 9627 627

**Advanced Nurse Practitioner**

We now have an Advanced Nurse Practitioner to help out on Mondays – Her name is Gill. We welcome her to our team. She is able to consult with patients and can prescribe and advise as necessary. You may be offered a telephone appt with Gill if she is able to help with your request.

**Self-refer for counselling.**

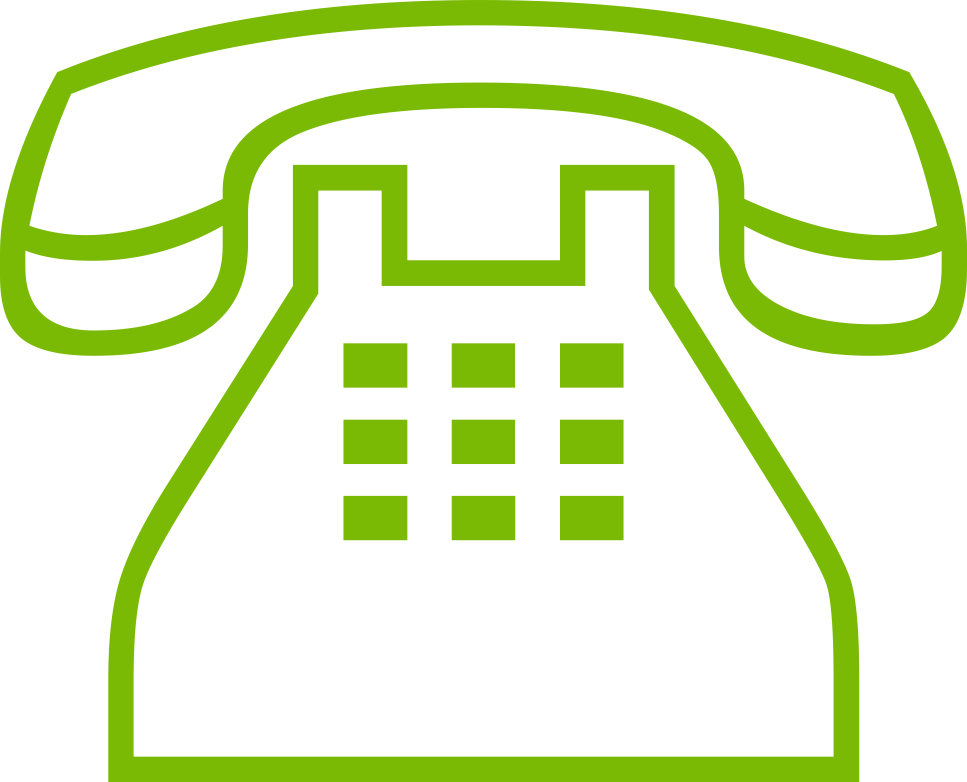
During COVID-19 there has been an increase in patients suffering with low mood and anxiety. You are not alone. If you are feeling anxious, stressed or suffering from low mood then Let's Talk Wellbeing can offer you an assessment appointment within 2 weeks, just call 0300 300 2200 or you can refer online at:- <https://www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing>

Please don’t be afraid to ask for help.

**Joint injections**

During COVID-19 Dr Karpha is still giving joint injections in certain specific situations but he needs to counsel patients, via the telephone, prior to offering an appt. It has been found that the steroid may give an increased risk of a complication if COVID-19 is contracted near the time of the injection.

**Keep us Updated.**

****It is important that we are able to contact you. Please let reception know if you have changed either your address or your telephone number so that we can keep our records updated. It is especially important to update us with your mobile number. We send a lot of information texts and reminders via mobile text messaging now. Don’t miss out!

Remember – stay as safe as you can throughout Winter and COVID-19. Continue with the government guidelines and let’s hope for a better 2021.

