



Flu Vaccinations

The next clinic will be held on Wednesday 25th October between 2pm—6pm.

All patients 65 and under who are defined as 'at risk' and all patients 65 years and over are welcome to attend.

No appointment needed.

Please see our website or speak to reception to find out the eligibility criteria.

If you are unable to attend our clinic, please book an appointment at reception.



Wellbeing Suffolk

Wellbeing Suffolk is a free service that aims to help people in Suffolk build on their resources to manage stress, anxiety and low mood as independently as possible.

If you are 16yrs and over you can access support by contacting [0300 123 1781](tel:03001231781) or by completing a self referral form available on their website.

www.wellbeingsuffolk.co.uk

How Healthy is your Heart ?

The Patient Participation Group for Ravenswood Medical Practice are hosting an event.

There will be advice available from One Life Suffolk, Blood Pressure Checks, Dietary Advice as well as other stalls.

This event will be held on **Thursday 16th November 2017 between 4pm—7pm.**

This is a free event and is also open to patients from other practices.



Ravenswood Telephone System

Following comments and suggestions with regards to our telephone queuing system, the practice has increased the queue system to 50 calls. This will allow you to make a decision about whether to hang on the line for your call to be answered, or ring at another time if the call is of a routine nature.

The practice receives approximately 9500 calls each month. The reception team work hard to answer and deal with all calls as quickly as possible. You can save yourself a telephone call and book a telephone consultation online if you are a registered Systmone online user. Please ensure all required information is included when booking a telephone consultation online.



GP News

Dr Philippa Dwan is now formally known as Dr Philippa Outtridge. This is due to her marriage earlier on this year.

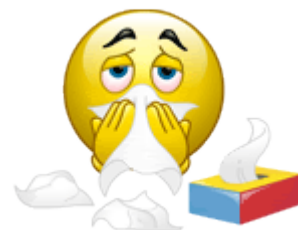
Congratulations to Mr and Mrs Outtridge !!!



Self Care for Colds and Coughs:

Coughs and colds usually get better by themselves without the need for any treatment, however you are able to treat the symptoms by doing the following:

- Drinking plenty of fluids (replacing those lost via mucus and sweating)
- Getting plenty of rest
- Eating healthily; a low-fat, high fibre diet is ideal, including plenty of fresh fruit and vegetables



Antibiotics are not effective in treating a cold or the majority of coughs. Instead, many cough and cold medicines are available, including steam inhalation, nasal saline drops, painkillers, cough medicines and decongestants. See your local pharmacist for advice.

See www.nhs.uk/Conditions/Cold-common/Pages/Treatment for more information on how to use these remedies. Should the cold or cough symptoms persist for more than three weeks, contact your GP.

Practice Closure Dates 2017

The practice will be closed for essential clinical training on the following dates from 1pm:

Thursday 16 November
Wednesday 13 December

Contact NHS 111 if you need medical advice when the surgery is closed.

Change of Contact details

Please make sure that we have your current contact details on our computer system.

This is particularly important if we need to write or phone you with any urgent information.



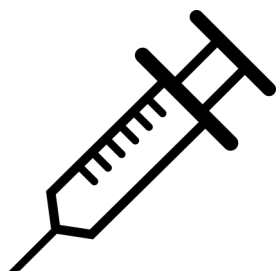
SHINGLES VACCINATION

About one in five people who have had chickenpox develop shingles.

There is now a vaccine that helps reduce your risk of getting shingles and reduces the severity of symptoms if you develop the disease. **The vaccine is available to people aged 70, 71, 72, 73, 74, 78, and 79 as of 1st September 2017.**

If you have not had the shingles vaccination and are in one of the eligible ages please contact the practice to book an appointment with the Practice Nurse.

If you are eligible and do not wish to take up the offer of the vaccination please let the practice know so your records can be updated.



The next PPG meeting will be held on Wednesday 1st November 2017 at 6pm



when it's less urgent than 999

