



❄️ Winter Newsletter 2023 ❄️

Welcome!

This winter we sadly say farewell to a couple of members of staff. This includes our Practice Nurse, Karen, who is retiring after working at Ravenswood Medical Practice for the past 15 years. We also say farewell to one of our GP's, Dr Annon, who will be leaving the practice at the beginning of November. We wish them both the very best for the future.

We are pleased to welcome our newest Practice Nurse, Hilda and Clinical Practitioner, Daniel who both joined the practice in September. As well as welcoming back Dr Arundale, who returned in October from Maternity leave.

Flu Vaccinations

Seasonal influenza (flu) is an unpredictable but recurring pressure that the NHS faces every winter. Vaccination offers the best protection. Flu vaccinations are now available to those who are eligible, please contact the surgery to book an appointment.

Winter COVID Boosters



This winter, patients over the age of 75, and patients aged between 5-75 who are immunosuppressed, are eligible for a further COVID booster. Please contact the surgery to book an appointment.

Missed Appointments

- In July, **133** appointments were wasted due to DNA's.
- In August, **254** appointments were wasted due to DNA's.
- In September, **214** appointments were wasted due to DNA's.

If you are not able to attend your appointment, please call the practice to re-schedule or cancel.

Please ensure you inform the practice if any of your contact details change. You can update your details via the website or at reception.

Please also let the surgery know of your preferred method of contact (e.g. by letter, email or SMS).

Self Referrals

- You are able to self refer to physio-visit <https://physioselfrefer.co.uk/AHPS>
- You are able to self refer to podiatry-visit <https://podiatryreferrals.co.uk/>
- You are able to self refer to Suffolk Wellbeing – they offer a range of support for people with common mental health and emotional issues, such as low mood, depression or stress. Visit <https://www.wellbeingnands.co.uk/suffolk/> or call 0300 123 1503

Christmas Opening Hours

Monday 25th December: CLOSED

Tuesday 26th December: CLOSED

Wednesday 27th December: 08:00—18:30

Thursday 28th December: 08:00—18:30

Friday 29th December: 08:00—18:30

Monday 1st January: CLOSED

Don't leave yourself short of medication this Christmas!

Please remember we need 72 hours to process medication requests. If you need medication advice whilst the practice is closed please contact



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