



Patient Newsletter



*As we move into March and look forward to longer, brighter days, here's a little sunshine fact to brighten your day.
By the end of March, the sun will rise at around 6:39am and set at about 7:31pm.*

Nearly 13 hours of daylight to enjoy!

More daylight means more energy, better moods, and definitely more time to enjoy those brighter evenings.

Spring Into Better Health

Hay fever season is starting, in the UK this typically runs from March to September. Symptoms such as sneezing, itchy eyes and congestion usually peak during warm, humid and windy weather.

Top tips for managing hay fever symptoms this spring:

- Start antihistamines early in the season
- Keep windows closed during high pollen days
- Shower after being outdoors
- Wear sunglasses outside

Most hay fever relief medications can be purchased over the counter at your local pharmacy or supermarket.

NHS
Symptoms of hay fever include:

- sneezing and coughing
- a runny or blocked nose
- itchy, red or watery eyes
- itchy throat, mouth, nose and ears
- loss of smell
- pain around the sides of your head and your forehead
- headache
- feeling tired



Get a spring in your step

Get active in Suffolk this spring by joining free weekly parkruns, in 17 locations.

Walk, jog or run and join over 2,000 Suffolk residents every week. We are a registered parkrun practice which means we support patients who wish to be involved across Suffolk. For more information visit:

www.parkrun.org.uk

Be active with Feel Good Suffolk

Whether you are new to exercise or just need a boost, Feel Good Suffolk offer friendly guidance and practical tips to help you feel stronger and more energised.

Feel Good Suffolk attend the practice regularly with pop up stands, look out for the next date. Please come along to speak with a member of their team to see how they can support you.

Visit their website for more information: www.feelgoodsuffolk.co.uk/be-active





Ravenswood Medical Practice

24 Hening Avenue, Ipswich, Suffolk, IP3 9QJ Telephone: 01473 271122 Website: www.ravenswoodmedicalpractice.co.uk



Practice Updates

Important Dates & Practice Reminders



Bank Holiday Prescriptions

Please ensure your repeat prescriptions are requested in good time ahead of the upcoming bank holidays. Local pharmacies will have limited opening hours. You can check which pharmacies are open on the NHS website or via the NHS App.

Remember, please allow 72 hours (3 working days) for prescriptions to be processed.

Training Afternoon Closure

The practice will be closed for staff training on **Wednesday 15th April 2026** from 1pm. If you require urgent medical assistance during this time, please follow the instructions on our phone system.

Following dates are:

- Thursday 14th May 2026
- Wednesday 17th June 2026
- Thursday 17th September 2026



Patient Participation Group (PPG)

Our next meeting will take place on **Wednesday 1 April at 3pm**. New members are always welcome. Please contact reception if you would like to attend.

What is a patient participation group? - this is a group made up of patients who meet at the practice on a regular basis with the practice staff to share feedback and help improve the services we provide. Participation is on a voluntary basis & light refreshments are provided. Anita Burgess, Practice Manager & other members of the practice will also be in attendance.

Dementia Support Drop-In

A reminder that a member of Home Instead attend the practice to host a dementia support drop-in on the third Thursday of every month from 10am-12pm. Patients, carers, and family members are welcome to attend for information and support.

The Anima Tablet

A new tablet has been set up at our Reception desk for all patients to have access to submitting an online appointment request. If you have no access to a smart phone or no internet access, please pop into the surgery to complete an online request.

Please speak to our reception team who will be happy to assist you in using this.

Our next Anima Drop In Session:

Wednesday 3rd June 2026 11-12pm

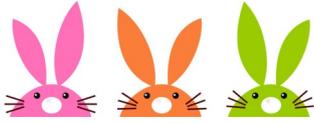




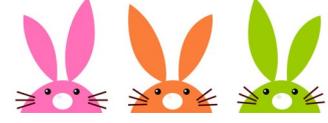
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Easter Opening Hours



Thursday 2nd April: 08:00-18:30

Friday 3rd April (Good Friday): Closed

Monday 6th April (Easter Monday): Closed

Tuesday 7th April: 08:00-18:30

Spring 2026 COVID-19 Booster Programme

The NHS has announced the COVID-19 spring 2026 booster programme.

The vaccine is available for the following groups:

- Adults aged 75 years and over
- Residents in care homes for older adults
- Individuals aged 6 months and over who are immunosuppressed

Eligible individuals are encouraged to get their booster to maintain protection against COVID-19, particularly during the spring months.

You will receive an invitation from the practice for you to book your appointment.

Pharmacy First

Did you know that many common conditions can now be treated by your local pharmacist without needing a GP appointment through the Pharmacy First service?

Highly trained pharmacists can provide advice and treatment for several minor illnesses and, if appropriate, supply prescription-only medicines.

Pharmacists can help with conditions such as:

- Sore throat
- Earache (ages 1-17)
- Sinusitis
- Infected insect bites
- Impetigo
- Shingles
- Uncomplicated urinary tract infections (UTIs) in women



NHS

Next Time

Think 'Pharmacy First'

Walk In, No Appointment Needed!

Get Fast NHS Treatment at Your Local Pharmacy

No appointment is needed – simply visit your local pharmacy for advice and treatment. Using Pharmacy First can help you get quicker care and allows GP appointments to be available for patients who need them most.