

# Surrey Lodge Group Practice

NEWSLETTER

Welcome to the Surrey Lodge Group Practice newsletter! We're excited to share important updates and information with you. We hope you find this newsletter informative and helpful in staying connected with us.

## Practice Fun Day – Saturday 5th October 10.30am to 2.30pm

Come along to the Practice on Saturday 5th October for a fun day event and to find out more about the practice and to learn about community-based health, social and well-being opportunities.

There will be a few fun things available for you including a cake stall, tombola, food, tea & coffee and an Ice Cream van giving out free Ice Cream! We are going to open our new cycle shelter with a special guest and we are holding our flu clinic on this day so those eligible can get their flu vaccine!



We are raising money for the Annual MacMillan Coffee Morning fundraiser and the Ardwick and Longsight Foodbank.

If you would like to help support this by bringing gifts for the tombola or food donations for the foodbank ([Make a Donation | Ardwick and Longsight Foodbank](#)) please drop them into the Practice before Friday 4th October.

We look forward to seeing you on Saturday 5th October!

## Connect with Us on Social Media

Follow Surrey Lodge Group Practice on our Facebook page to stay updated with the latest health tips, service updates, and important announcements.

You can find us at:

<https://www.facebook.com/SLGP11AnsonRoad>

<https://www.instagram.com/surreylodge.grouppractice/>



## Flu Vaccine

The flu vaccine is an important way to protect against flu, which can be a serious or life-threatening illness.

You are eligible for a free NHS flu vaccine if you:

- Are aged 65 or over
- Have certain long-term health conditions
- Are pregnant
- Live in a care home
- Are the main carer for an older or disabled person
- Live with someone with a weakened immune system



Frontline health and social care workers can also get their vaccine through their employer.

The Seasonal Flu Vaccination will be available from 3rd October 2024. While this may be later than in previous years, it ensures you receive the best protection when flu is most widespread. You can find more details about the flu vaccine here: [NHS Flu Vaccination Information](#).

We are holding a Flu Vaccination Clinic at the Practice on Saturday, 5th October, from 8am until 4pm. If you are eligible for the vaccine, you will receive a link to book an appointment for this clinic. If you are unable to attend, don't worry—there will be further clinics later in October.

For housebound patients, your flu vaccine will be delivered by **Forman's Chemist** on behalf of the practice.

## Pride in Practice Award

We are very pleased to announce that Surrey Lodge Group Practice has been awarded the Gold Pride in Practice Award.

This recognition reflects our dedication to delivering inclusive and high-quality care for all our patients.



## RSV Vaccination

We are pleased to inform you that from 1st September 2024, free vaccinations to protect against respiratory syncytial virus (RSV) will be offered to those at greatest risk. This includes:

- People aged 75 to 79
- Pregnant women over 28 weeks to help protect their newborn babies.



RSV is an infectious disease affecting the airways and lungs. Symptoms often resemble those of a common cold and include:

- Cough
- Sore throat
- Sneezing
- Runny or blocked nose

In some cases, RSV can cause wheezing, shortness of breath, pneumonia, and other severe conditions. There is no specific treatment for RSV, and while most infections resolve on their own, the virus can be particularly dangerous for older adults, especially those with heart or lung disease, weakened immune systems, and young children. We will contact eligible individuals once the vaccine is in stock.

For more information, please visit [GOV.uk](https://www.gov.uk).

Please contact the surgery, if you would like to make an appointment.

## Get To Know Where To Go: New Primary Care Booklet

Choosing the right primary care service can be confusing at times, but NHS Greater Manchester's new primary care booklet is here to help.

Part of the longstanding Get To Know Where To Go campaign, this booklet provides clear guidance on which services to use for various health issues. It explains what each primary care service can assist with and how to access them, helping you get the care you need more quickly.



Be sure to download the booklet and make informed decisions about your healthcare: <https://gmintegratedcare.org.uk/wp-content/uploads/2024/08/gtkwtg-pc-onlinebooklet-august-accessible.pdf>

## Ordering Repeat Prescriptions via the NHS APP

The way repeat prescriptions are ordered is changing. All patients (who can do so) must request their medication directly from their GP practice – instead of your local pharmacy doing this for you.

Ordering online is the safest and easiest way to order your regular medicines. You can do this via the NHS App, or another online platform used by your GP practice. The NHS App can be downloaded for free to your mobile phone via the Apple App Store or Google Play. You can find out more about the app at [www.nhs.uk/nhs-app](http://www.nhs.uk/nhs-app). Alternatively, you can set up an NHS account and log in at [www.nhs.uk/nhs-app/account](http://www.nhs.uk/nhs-app/account) if you do not have a smartphone, or would prefer not to download an app.

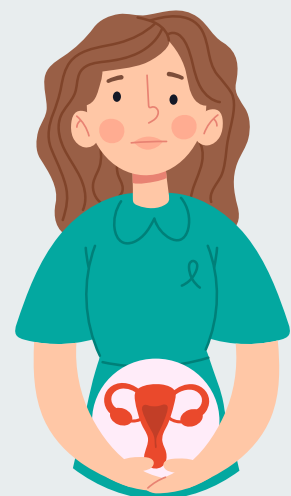


If you're not able to order online, you can fill in the slip at the bottom of your paper prescription and take it to your GP practice.

Ordering your prescriptions puts you in control. By only ordering the medicines you need, you can help to reduce waste and save money that can be spent on other NHS services. Plus, it's quicker and easier to sort out any problems or get an answer to any queries because you're dealing directly with your GP practice.

## Raising Awareness about Gynaecological Cancers

September is Gynaecological Cancer Awareness Month, and we're raising awareness about the importance of recognising symptoms of cervical cancer, one of several gynaecological cancers. Cervical cancer primarily affects women under 45, and early detection can save lives. Symptoms to watch for include unusual vaginal bleeding, changes in discharge, pain during sex, or discomfort in your lower back or abdomen. If you experience any of these symptoms, even if you have a condition like fibroids or endometriosis, it's important to get checked by your GP if anything feels unusual or worsens.



To find out more, visit the [Greater Manchester Cancer website](http://Greater Manchester Cancer website).

To book a smear test at our Practice, please use this form:

<https://surreylodge.co.uk/services/managing-your-health-online/online-forms/request-an-appointment-with-a-nurse-or-healthcare-assistant/>

## Join our Patient Participation Group

The Patient Participation Group (PPG) is all about you, our patients, giving feedback on the care you receive.

Have a say about your views on what we do in the practice, our staff, services, appointments and how we meet your needs. We want you to receive the best possible treatment in all aspects of your care and want you to participate in the choices and plans we make.

To find out more about the PPG, complete the form on our website:

<https://surreylodge.co.uk/surgery-information/patient-group/>



Thank you for being a valued patient of our practice. We look forward to continuing to provide you with the best possible care.

Best regards,

Your GP Practice Team  
Surrey Lodge Group Practice