

Hardwicke House

Patient Partnership Group (PPG)

Newsletter Autumn/Winter 2024/25



HARDWICKE HOUSE GROUP PRACTICE
01787 370011



COVID-19
CORONAVIRUS



**BOOK IN AT YOUR SURGERY FOR YOUR
AUTUMN COVID & FLU JAB**

***** **MEASLES** *****

DON'T LET YOUR CHILD CATCH IT IMMUNISATION THE SAFEST WAY TO PROTECT YOUR CHILD

The number of children catching measles is rising across the United Kingdom and Europe. Your child should receive MMR vaccinations just after their first birthday, and again at three years and four months or soon after - best before starting school. If your child has missed one of their routine MMR vaccinations, you can make an appointment with your GP to get it. It is never too late to have your child vaccinated.

Children under the age of 18 years who have missed their MMR vaccination should have the vaccine.

'COMPASSION DOMESTIC ABUSE CHARITY OFFERING RECOVERY PROGRAMMES AND SUPPORT'



1 in 4 women and 1 in 6.7 men experience domestic abuse in their lifetime.
Every day 1 in 8 women take their own life and 30 women attempt suicide in the UK
as a result of domestic abuse.



VOICE programme is proving a great success, victims feedback saying a 100% rise in their confidence on completion. We also facilitate two other programmes -
Who's In Charge - child to adult abuse and Escape the Trap which is delivered in schools and educates on healthy relationships.

Compassion has a free drop in Coffee Morning on Mondays 10 am - Noon at the Phoenix Centre (27 Tudor Road, CO10 1NP) for female victims and their supporters. We also hope to have a separate male group starting up, shortly. A warm and understanding welcome awaits so, please contact Compassion if you see a need.

A free pre-booked Law Clinic is also available.

Email:-admin@compass-ion.org

Self-referrals also welcome.

PARKINSON'S

If you or someone you know has Parkinson's, then you may be interested to know that there's a local support group operating in this area. The Sudbury Independent Parkinson's Group (SIPG) meets at the Stephenson Centre in Great Cornard on the third Wednesday of each month and we're looking for new members.

The SIPG seeks to build friendships and share experiences

Meetings include a sing-along with a local musician and we try to have a monthly guest speaker, covering topics ranging from local history to how to arrange a Power of Attorney. Speakers include clinicians with a particular interest in Parkinson's.

We also offer several coach trip outings each year - which can be good for those who may otherwise feel housebound.

For further information please see our website: www.parkinsonsudbury.org.uk or contact John Lane on: 07941 391107.

SHINGLES

**IF YOU ARE 70-79 YEARS OR OVER 50 YEARS WITH A SEVERLY WEAKENED IMMUNE SYSTEM
CHECK WITH YOUR SURGERY TO SEE IF YOU ARE ELIGIBLE FOR THE VACCINE**

Unlike most other infections, you don't catch shingles from someone else. Most of us had chickenpox when we were young, although some of us will not be aware that we've had it. After you have chickenpox, the virus remains dormant living in the nerves.

For most of your life you will not be aware of this, but from time to time the virus can come back and spread to the skin causing a disease called shingles.

Shingles can occur at any age but the risk, severity and complications increase with age
By having the vaccination, you will significantly reduce your chance of developing shingles.

HOW TO REGISTER AND GET FULL USE OF NHS APP SERVICES

Installing the app Open the App Store or Google Play/Search for 'NHS App'/Install the app.

Registering If you already have an NHS login account for other apps and websites you can use the same email address and password to log in. To create an NHS login account, you must be aged 13 or over, and have an email address and phone number:

- 1 Enter your email address and select Continue.
- 2 Choose a password. Accept the NHS login terms and conditions.
- 3 We will email you a security code. Enter this code in the NHS App to confirm your email address
Enter your mobile phone number and select Continue.
- 4 We will send you another security code in a text message. Enter this code in the NHS App to confirm your mobile phone number.
- 5 If you have entered the correct codes, you can access the NHS App.

FOR FURTHER HELP AND SUPPORT VISIT: WWW.NHS.UK/NHS-APP-GET-STARTED



HEALTH WATCH



SHARE YOUR VIEWS ON... AGEING IN SUFFOLK

Suffolk want to understand what it's like to grow older in Suffolk. You can tell us about things that are supporting people to 'age well' in your community, and the challenges people can face. Your views will feature as a part of Suffolk's Annual Public Health Report and improve local understanding of the support people need as they age.

Visit www.healthwatchesuffolk.co.uk/ageingwell before Sunday 22nd September 2024 to have your say and for help to complete the online form, or if you need to feedback another way, please call free on 0800 448 8234.

USEFUL NUMBERS

Chambers Buses	01787 375360
Felix buses	01787 310574
Go Start	01787 242116
Babergh District Council	0300 1234000
Suffolk County Council	0345 6072080
Sudbury Community Centre	01787 464380
Audiology	01284 713713
West Suffolk Hospital	01284 713000
Physio self referral	03330 433966
U3A	07708 677917

PHARMACIES

BOOTS SUDBURY	01787 372617
BOOTS GT. CORNARD	01787 375804
SUPERDRUG	01787 379358
NORTH ST. PHARMACY	01787 371232
TESCO PHARMACY	01787 801006
LONG MELFORD	01787 379809

MISSED APPOINTMENTS

If you cannot attend your appointment, please telephone to cancel so that an urgent request by another patient to see a doctor or nurse can be given.

Patients are able to cancel appointments by phone 01787 370011 or online hwh.sudbury-admin@nhs.net.



New Members
Welcomed

Interested in finding out about
Practice PPG's
Please contact; the Secretary
Email: hh.ppgsecretary@gmail.com