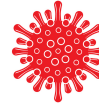


Hardwicke House Patient Partnership Group (PPG) Newsletter SPRING 2024



HARDWICKE HOUSE GROUP PRACTICE
01787 370011



COVID-19
CORONAVIRUS



**BOOK IN AT YOUR SURGERY FOR YOUR
SPRING COVID JAB**

HEALTH AWARENESS DAY



Sudbury Arts Centre (St Peter's)

Saturday, 6 July 2024

10 am - 3 pm

Blood Pressure checks Nutrition and Activity Diabetes
Mental Health Dementia
and much more

CHECK YOUR MOLES

Every year the practice refers many patients to the West Suffolk Hospital Dermatology team with moles and skin lesions that have changed in size or colour, to check for possible skin cancer. Most of the moles and lesions assessed are not cancerous but many are and we recommend that you check any moles or skin lesions you have in case they are changing in order to get them checked. If you are concerned, please contact the practice to book an appointment. It goes without saying that the dangers of exposure to the sun are well known so please do cover up and/ or use sun tan lotion regularly to protect yourself and your family, and not just if you are travelling abroad on holiday.

DIRECT BOOKING FOR VACCINATIONS & CLINICS VIA SMS TEXT

For patients who have given permission to contact them by text, the practice are increasing the use of direct booking into appointments when responding to appropriate text invites. This avoids the need for patients to have to phone to book appointments (although they can still call if they wish to speak to the surgery regarding the text invite) and it means patients can organise these appointments out of surgery hours for convenience. For some services, for example flu and covid vaccination invites, you are asked to either book an appointment or decline the service offered, please do respond as it helps the practice to ensure there are enough appointments available for those patients wanting that service, and also it helps the clinical teams to order the correct number of vaccines.

If you haven't yet signed up to receive text invites and reminders then please do so, thank you.

MISSED APPOINTMENTS

UNFORTUNATELY, 300 APPOINTMENTS A MONTH ARE MISSED.

A text is sent to your mobile phone just after you have made the appointment and again the day before. If, however, you cannot attend, please telephone to cancel so that an urgent request by another patient to see a doctor or nurse can be given. A receptionist always tries to follow up a missed appointment. **If you have not given the surgery your mobile number, please consider passing it on.**

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

BYSTANDER CPR TRAINING

As part of the British Heart Foundation Nation of Lifesavers and CPR (Call Push Rescue) campaign, this training is now offered and delivered as part of the West Suffolk Community Cardiac Rehab program. Every year over 30,000 cardiac arrests happen out of hospital in the UK alone, with only 1 in 10 surviving. 80% of out of hospital cardiac arrests happen at home and 20% in public places.

Bystander CPR increases survival rates by 2-3 times

You can make a difference;

You don't have to be first aid trained -trying something is better than doing nothing at all.

If you wish to book in for a training session, please contact the West Suffolk Community Cardiac Rehab Team on communitycardiacrehab@wsh.nhs.uk

Classes 1st May - 24th July - 18th October 2024 and 10th January 2025

Held at Sudbury Community Centre



HAPPY SOUNDS COMMUNITY CHOIR SINGING IS BELIEVED TO BE A WAY TO IMPROVE OUR BREATHING.

Happy Sounds Community Choir started life as a dream by two members of Sudbury Breath Easy Group. Nettie Osman agreed to become the groups vocal coach and the choir flourished under her guidance. Happy Sounds Choir grew and have performed many concerts in and around the area.

This year we will be singing at The Health Awareness Day in Sudbury Arts Centre (St. Peters Church).

The choir meet every Thursday at 6.30 p.m. in Assington Village Hall. No experience necessary, just come along and have some fun

EMAIL :- janette.gunn@yahoo.com

Singing helps people with COPD why not Join a choir

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

DID YOU KNOW

You can recycle your tablet blister packs at SUPERDRUG PHARMACY, SUDBURY



Due to unforeseen circumstances the joint PPG with Siam Surgery had to dissolve. The PPG group is now exclusively for Hardwicke House patients

New Members Welcomed

Interested in finding out about Practice PPG's Please contact; the Secretary Email: jmealham@gmail.com 07801 178825