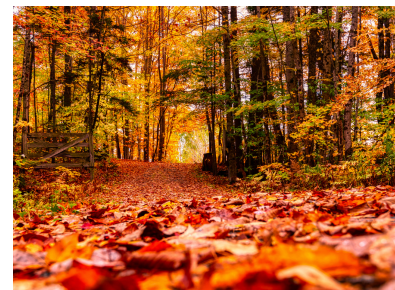


Hardwicke House

Patient Partnership Group (PPG)

Newsletter Autumn/Winter 2025/26



HARDWICKE HOUSE GROUP PRACTICE
01787 370011



HARDWICKE HOUSE WEBSITE
<https://hardwickehousesurgery.co.uk>



IMMUNISATION

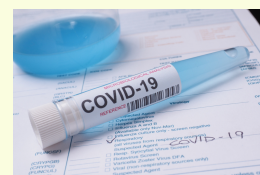


COVID-19 vaccination

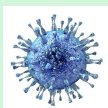
- Book on the NHS App or online at www.nhs.uk/get-vaccination
- Find a walk in site at www.nhs.uk/covid-walk-in

FLU

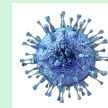
- Contact your GP surgery
- Book a pharmacy appointment on the NHS App or online at www.nhs.uk/book-a-flu-vaccination
- Find a pharmacy at www.nhs.uk/flu-pharmacy



Flu and Covid -19 spread more easily in winter and can be hard to avoid. Every year, thousands of older adults need hospital care for flu and covid-19. It is recommended you have both vaccines every year to reduce your risk of severe symptoms. Protection fades over time and viruses change.



RSV & SHINGLES



If you haven't already, you may be able to get pneumococcal, RSV and shingles vaccinations, For full details go to:- www.nhs.uk/vaccinations



NHS HEALTH CHECKS FOR 40 - 74 YEAR OLDS



If you are aged 40 -74 and haven't had an NHS Health check for 5 years then you may have been invited to the surgery but not taken up the offer.

We would recommend that you do accept the opportunity to have your NHS Health check as a way of identifying potential health risks and to allow you to get guidance on how to maintain or improve your health.

An NHS Health check takes about 20 minutes and can be booked on a weekday or on a Saturday morning with a nurse or qualified Healthcare Assistant.

VISIT YOUR PHARMACY FIRST

WE CAN HELP YOU WITH SEVEN COMMON CONDITIONS WITHOUT NEEDING A GP APPOINTMENT

SINUSITIS SORE THROAT SHINGLES IMPETIGO INFECTED INSECT BITE
EARACHE (CHILDREN) URINARY TRACT INFECTION (WOMEN)

REPORT FROM THE HEALTH AWARENESS DAY 2025

The third Health Awareness Day held in the St Peter's church (Sudbury Arts Center) in June was a great success with 25 organizations there to offer advice and support to over 500 local people. Those attending were able to discuss their health and local support services and many benefitted from having their blood pressure taken to help them understand the risks of strokes and heart conditions that could affect them. Several people were referred to their GP for a consultation. There was a very well attended demonstration of CPR (resuscitation) and the Happy Sounds Choir was greatly appreciated by a large audience.

Thanks to everyone who made the day a success and for helping local people to talk about their health and ways to stay healthy. We plan to hold another Health Awareness Day in 2026 or 2027.

DO YOU NEED REASONABLE ADJUSTMENTS?

People with a physical disability, sensory disability, learning disability or long-term condition such as dementia are entitled to reasonable adjustments to ensure they have access to the care they need taking into account their individual circumstances.

Reasonable adjustments are individual to each person and help remove barriers that people face.

For example, providing information in an easy to read format, longer appointments or quiet waiting spaces.

Visit the ICB website for more information on:-

Suffolkandnortheastsex.icb.nhs.uk/reasonable-adjustments

and please feel free to speak to your GP surgery about ways they could help.

PATIENT PARTNERSHIP GROUP

Members of this group provide a link between the practice staff and the patients. We meet every other month for about 2-3 hours and are always looking for new members. If you are interested in joining us or are interested in finding out more, please contact the secretary

New Members
Welcomed

Email: hh.ppgsecretary@gmail.com
07801 178825

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 713507
West Suffolk Hospital	01284 713000
Physio self referral	03330 433966
U3A	07708 677917

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

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
CLARE PHARMACY	01787 277315

PHYSIOTHERAPY SELF REFERRAL

SUDBURY COMMUNITY
Centre
03330 433966

TAXI VOUCHERS

If through lack of mobility you can no longer use your bus pass, taxi vouchers are available from Suffolk County Council.

TEL: 0245 6000659 for information