

Protected Learning Time Educational Closure afternoon

The surgery will be closed for the afternoon of Thursday 16th July from 12:30 for important training, and will reopen with normal hours on Friday 17th July.

Practice Team Updates

We welcomed a wonderful new Health Care Assistant to the team in June. A new Student Nurse will join the team throughout July for educational training

Practice Building Update

On Thursday 16th July flooring in the main reception office will be replaced. We hope this will not cause any disruption to the running of the surgery, the work will take place over two days and is scheduled for completion on Friday 17th July. Please bear with us during this time, all measures will be taken to keep the Practice running as smoothly as possible.

Alcohol Awareness Week 6-12 July

This Alcohol Awareness Week, we are encouraging everyone to take a moment to reflect on their relationship with alcohol and learn more about how it can affect our health, wellbeing, and the people around us.

Whether you choose to drink or not, having the right information helps us make informed decisions and support one another in leading healthier lives.

If you're concerned about your own drinking or someone else's, remember that support is available. Talking to a trusted friend, family member, healthcare professional, or local support service can be an important first step.

<https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1>

Engage Consult

There are many things that can be dealt with online at Seaside Medical Centre now through 'Engage Consult'. The Engage Consult online consultation system can be used via your smartphone, tablet or PC.

Access via our website www.seasidemedicalcentre.co.uk and click on the blue "appointments" button, this will then direct you to the Consult Online page where you can click on the "patient guide – how to register for Engage Consult". Once you have registered below are the options we are able to assist you with:

- request help regarding a non-emergency medical problem
- order repeat prescriptions
- request a sick note
- ask about test results
- contact us about an admin request

Engage Consult is NOT appropriate for medical emergencies. Patients should either continue to ring the Practice on 01323 725667 or 999 if there is a threat to life.

Immunisation Awareness Month - August

August marks **Immunisation Awareness Month**, a timely reminder of the vital role vaccines play in safeguarding public health. From childhood immunisations to adult boosters, vaccines are one of the most effective tools we have to prevent the spread of infectious diseases.

This month is about raising awareness of the importance of staying up to date with recommended vaccinations — not just for individual protection, but for the well-being of our communities.

NHS Health Check

An NHS Health Check is a free check-up for adults in England aged 40-74, offered every five years to people without existing conditions like heart disease, stroke, diabetes, or kidney disease, aiming to spot early signs and provide lifestyle advice to prevent these conditions and dementia. It involves measuring blood pressure, cholesterol, BMI, and waist size, alongside a chat about your lifestyle, to assess your risk and help you stay healthy.

Who is eligible?

- You're between 40 and 74 years old.
- You haven't been diagnosed with heart or kidney disease, stroke, type2 diabetes, dementia.
- You haven't had a health check in the last five years.

What happens during the check?

A nurse or healthcare professional will:

- Discuss your medical history, family history, and lifestyle.
- Take your blood pressure, cholesterol (blood test), height, weight, and waist measurement.
- Calculate your risk of developing heart disease, stroke, kidney disease, or diabetes.
- Give you personalized advice on diet, exercise, and other lifestyle changes to reduce your risk.

Why is it important?

It helps catch potential problems early, before they cause serious damage.

It's a chance to get support for healthy habits like eating well, being active, or stopping smoking.

It can help prevent major health issues, as vascular conditions are a leading cause of preventable deaths in the UK.

How to get one:

You should automatically receive an invitation from your GP surgery every five years.

Flu & Covid 19 Vaccination Clinics

We're pleased to announce that our **Autumn Flu Vaccination Clinics** will begin from:

- **Saturday 3 October**
- **Saturday 10 October**
- **Saturday 17 October**

Your flu vaccine has been ordered so please take advantage of attending our Flu clinics to have this administered, there will also be other dates for patients to attend on Tuesday evening clinics and during the week (*we will advertise these dates on our website nearer to the time*).

We are hoping to incorporate the **COVID 19 Vaccination** when attending for your Flu vaccine. We will keep you updated as we get information on the Autumn COVID booster programme.

Protect yourself from Shingles

Shingles can cause a painful rash and lead to long-lasting nerve pain that may persist for months or even years. The good news is that vaccination can significantly reduce your risk of developing shingles and its complications.

If you're **aged 70 - 79**, or if you have a weakened immune system, you are eligible for this vaccine.

Why get vaccinated?

- Helps prevent shingles and its complications.
- Reduces the risk of long-term nerve pain (postherpetic neuralgia).
- Provides strong, long-lasting protection.
- Recommended even if you've had shingles before.

You should automatically receive an invitation from surgery.

Ear Microsuction Clinics

Our practice is offering **Ear Microsuction clinics**, this is a quick, gentle and effective way to remove earwax without water if Ear Syringing is not successful. Performed by trained clinicians, this modern technique provides fast relief from blocked ears and clearer hearing—all available conveniently and free in General Practice. The service is aimed at patients:

- with impacted wax not resolved after two attempts to remove by irrigation or where irrigation is contra-indicated;
- other debris affecting hearing that can be safely removed by Microsuction.

Patients should enquire at reception.