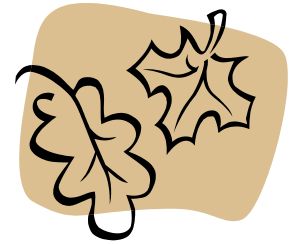




## Welcome To Our Autumn 2011 Newsletter!



### **Important Notice For Patients Registered At Combs Ford Surgery, Stowmarket**

#### **Seasonal Influenza Campaign 2011/12**

Are you aged over 65? Do you have heart problems or a chest complaint (including asthma)? Do you have kidney disease or diabetes? Do you have lowered immunity or have you had a stroke? Are you pregnant? Do you care for someone else? If yes, you are eligible for a free influenza vaccination.

If you are in one of the groups listed above please telephone reception on 01449 678333 after 11.00am to make an appointment.

Thank you.



### **Staff News!**

We are delighted to announce that as from 12th December 2011 Miss Rachel Clarke will be joining us here as Senior Nurse.

Rachel will be holding Minor Illness Clinics throughout the week— Tuesday and Thursday mornings and morning and afternoon clinics on a Monday, Tuesday and Friday.

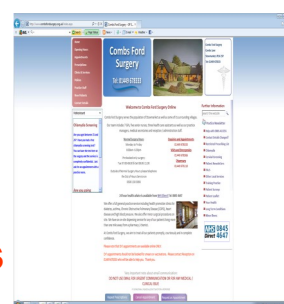
**We warmly welcome Rachel to the team!**

## Our Website!

Don't forget to regularly check our website as it contains lots of up to date information about the surgery and health news in general!

Visit us at [www.combsfordsurgery.org.uk](http://www.combsfordsurgery.org.uk)

**Please complete our patient survey which is now available online or pop in to get a copy.**



**Thank you!!**

## Antibiotics and the Winter time! A Message for our patients!

Did you know that on average cold symptoms MAY last 2 weeks OR MORE?

Ear ache—4 days

Sore throat—1 week

Cold—1.5 weeks

Runny nose—2.5 weeks

Cough—3 weeks

How to help relieve cold symptoms—take regular paracetamol, take hot water drinks with lemon and honey.

Unfortunately, no amount of antibiotics will get rid of your cold!

**“Get Well Soon” without antibiotics!**



## Dates For Your Diary!

Advanced notice of our Christmas / New Year Opening Times—

Friday 23rd Dec—open as usual

Saturday 24th Dec to Tuesday 27th Dec—CLOSED

Monday 2nd January 2012—CLOSED



## NHS Health Checks



From November 2011, the surgery is offering an NHS Health Check to patients aged between 40 and 74 who are not already being seen regularly by their Doctor or Nurse. The check is aimed to help give patients information about how to have healthy lifestyles whilst identifying any risk factors.

**If you are eligible, you will be sent a letter asking you to make an appointment to come**

The Surgery is currently working with NHS Suffolk to help try to cut costs where possible. There may be some medications or treatments which are no longer available on the NHS.

Your Doctor or Nurse will be able to help advise you.



## Training and Education Sessions 2011/12

The surgery will close between 1pm and 4pm on the following days for essential staff training—

Thursday 24th November 2011

Thursday 26th January 2012

Thursday 23rd February 2012

A Duty Doctor will be available during closure for emergency cases only. Thank you.