

# Holiday Season Newsletter

## Food Bank Christmas Appeal



There are people in our community who are in need of a warm meal as the temperature drops. We would be very grateful if you could donate food to our food bank at reception during the Christmas season.

The food bank currently needs the below foods in particular, but you are of course welcome to donate other non-perishables as well.

- \* Rice
- \* Rice Pouches
- \* Tinned fish
- \* Tinned meat

## Flu Vaccinations

We have finished our dedicated vaccination clinics for the Covid, Flu and RSV vaccinations, but we are still offering the Flu & RSV vaccinations to eligible patients generally. If you are eligible and would like either of these two vaccinations, please contact reception to arrange an appointment. If you have had either of these vaccinations elsewhere, please let us know so we can update our records.

An NHS 111 advertisement. The top half shows a woman and a young child sitting on a red sofa in a modern, brightly lit room. The woman is wearing a red cardigan and blue trousers, and the child is wearing a blue shirt. They are both looking towards the camera. The text "Get to the help you need" is overlaid on the image. The NHS logo is in the top right corner. Below the image, the text "Use 111" is written in large blue letters. Underneath that, it says "If you need urgent medical help but you're not sure where to go, use 111 to get assessed and directed to the right place for you." and "Call, go online or use the NHS App." The NHS 111 logo is in the bottom right corner.

**Use 111**

If you need urgent medical help but you're not sure where to go, use 111 to get assessed and directed to the right place for you.

Call, go online or use the NHS App.

111.nhs.uk



### Think pharmacy first

Your pharmacist can provide you with the emergency contraceptive pill (morning after pill) for free, without you seeing a GP. They can also discuss long-term contraception options with you at the same time.

Service available at majority of pharmacies.

### Inside this issue

- Winter Pressures
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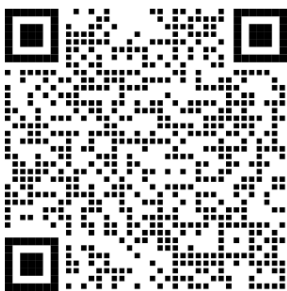


## Winter Pressures

Dear all patients, we encourage you to wrap up warm during the colder weather to ensure your health. As we move on into the winter season and early 2026, we'd like to inform patients that there will be a higher wait time for routine appointments. This is due to the rise in appointments needed for patients with colds, coughs, and other ailments linked to the colder weather. Patients who have these symptoms should consider using a scheme like Pharmacy First to prevent delay in receiving appropriate advice or prescription.

## Christmas Opening Times & Pharmacy Availabilities

We will be closed on Christmas Day (December 25th) and Boxing Day (December 26th) as well as New Year's Day (January 1st). Please ensure you have enough medication to last you throughout these holidays. You can use the QR code below to see availabilities and opening times for local pharmacies. Please also keep in mind for more urgent queries, the 111 service is open 24/7 even during holidays.



## Weight Loss Injections

Unfortunately we have had some patients experience side-effects having had a weight-loss injection at their pharmacy. In each case we were unaware they were having the injections until they contacted us.

Please can you let us know if you are having weight-loss injections at your pharmacy (the name of the injection would be helpful) so that we can update your NHS medical record accordingly.

You can do so by completing an online form or by giving us a call and letting our Receptionists know the details.

