

## NEWSLETTER

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Saturday  
Flu clinic

**Date:**

2nd November 2019  
from 9am to 11:30am.

You can either book  
your appointment online  
or in the practice or  
just walk-in between  
the times stated.

Thank you

## FLU CAMPAIGN

Flu vaccination is available every year on the NHS to help protect adults and children at risk of flu and its complications.

The flu vaccine is routinely given on the NHS to:

- **All adults aged 65 years and over**
- **People with certain medical conditions (including children in at-risk groups from 6 months of age) pregnant women**
- **Children aged 2 and 3 on 31 August 2019**
- **Children in primary school (will be given at school)**
- **Frontline health or social care workers**

The best time to have a flu vaccine is in the autumn, from the beginning of October to the end of November. So book in to have yours as soon as you can.



**EARLY MORNING &  
LATE EVENING  
APPOINTMENT**

These appointments are a mix of face to face and telephone consultation, for patients who find it difficult to speak to a clinician, or attend appointment during normal hours.

**Early morning** telephone consultation appointment are available from 7am to 8am every Wednesday.

The **late evening** appointments are available until 7:30 pm, Monday, Wednesday, Thursday and are available to book online at [patientaccess.com](http://patientaccess.com)

If you are not registered for online services, speak to a receptionist who will be more than happy to talk you through the process and give you your unique registration code.

Thank you

## ONLINE CONSULT

### ROUND THE CLOCK ACCESS TO HEALTHCARE

You can now access a wealth of health advice that's clinically tailored to your symptoms.

Online Consult allows you to;

- check your symptoms,
- Receive medical advice and
- submit a health request directly to your GP through an online portal at any time of day or night.

It's simple to use and easily accessible via our practice website or your Patient Access account, so there's no need to wait in phone queues.

#### How does Online Consult work?

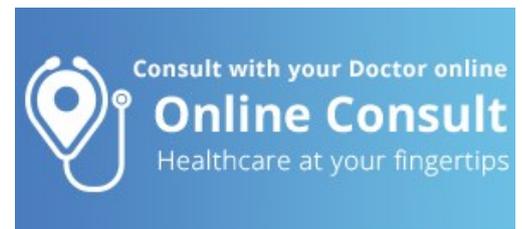
Simply fill in a health enquiry form outlining your symptoms. You will then be directed to information articles and videos advising you on how to treat your symptoms and what you may need to do next.

The forms are quick and easy to use and tailored to give you help and advice that's specific to your condition.

Your completed form will be sent to us so that we can review the information provided and advise you on the most appropriate next step.

You can find more information about Online Consult on our website or your Patient Access account.

[www.somerfordgrovepractice.co.uk](http://www.somerfordgrovepractice.co.uk)



# STOPTOBER

**GIVE QUITTING A GO THIS STOPTOBER**

**STOP TOBER**

**STOP SMOKING FOR 28 DAYS AND JOIN THOUSANDS OF OTHERS DOING THE SAME THIS OCTOBER.**

Call 0800 0469946  
Email [smokefreehackney@nhs.net](mailto:smokefreehackney@nhs.net)  
[www.smokefreehackney.org](http://www.smokefreehackney.org)

**NHS** BECAUSE THERE'S ONLY **ONE YOU**  
City and Hackney Clinical Commissioning Group

In partnership with **Hackney**

At Somerford Grove Practice we offer support to help you quit smoking at our smoking cessation clinics. These clinics are run at Somerford Grove on;

- Tuesday 9am—1pm
- Fridays 1pm—5pm

Please book in at reception.

Getting expert help from a stop smoking service boosts your chance of success by up to 4 times. It's friendly, free and could help you stub out cigarettes for good.

There is also the Smoke free Hackney service;

Tel: 0800 046 9946

Email: [smokefreehackney@nhs.net](mailto:smokefreehackney@nhs.net)

Website: <http://www.smokefreehackney.org/>

## PRACTICE NEWS

### Non-NHS Services:

There are certain services that are provided to patients that are not included on the National Health Service and the Practice charge for these services. These include private medical examination, private sick notes, and letters to third parties, some vaccinations, vaccination certificates and doctor's signature. The fee must be paid before the service is provided.

All patients are charged the same fee regardless of which Doctor or Nurse they see.

THANK YOU



Well done to Dr. Hindley who once again this year ran the London Marathon for charity. Despite ageing limbs, he completed the **26.2 mile run and, more importantly, raised £750 for the British Heart Foundation.**

We would like to thank everyone who sponsored him this time, and all those who have sponsored him over the years.



**BIG THANK YOU!**

## RECIPE CORNER

## POEM

### Asian Prawn Noodle Salad



#### Ingredients:

- 1 teaspoon vegetable oil
- 1 clove garlic, crushed
- 350g raw king prawns
- 300g bean sprouts
- 300g ready-cooked rice noodles
- 2 carrots, peeled and chopped into matchsticks
- 1 red pepper, finely sliced
- 200g sugar snap peas, sliced
- Large handful fresh mint, finely chopped
- 2 limes, juice and zest
- 1 tablespoon reduced-salt soy sauce
- 1 teaspoon fish sauce
- ½–1 red chilli, deseeded and finely chopped
- Small piece fresh root ginger, peeled and finely grated
- 25g unsalted peanuts, roughly chopped (optional)

#### Instructions:

Heat the oil in a large frying pan over a medium heat and cook the garlic for 1 minute. Add the prawns and cook for 3 minutes, or until the prawns are pink and cooked through. Add the bean sprouts and cook for a further 1 minute then remove from the pan and set aside to cool.

Meanwhile, prepare the rice noodles according to packet instructions, drain and leave to cool.

Add the carrots, pepper, sugar snap peas and mint to the noodles along with the prawn mixture.

In a small bowl, stir together the lime juice and zest, soy sauce, fish sauce, chilli and ginger. Toss through the salad and garnish with peanuts. Serve immediately or chill until ready to eat.

*Life is cheap, someone once  
said,*

*On my doorstep today -  
police tape surrounds a  
teenager dead.*

*Cheap no more, worthless it  
seems.*

*When did this numbness  
replace young boys  
dreams?*

*Why is this happening,  
these senseless acts?*

*Maybe we need to dig  
deeper*

*to dispel myths from facts.*

*What are we missing, what  
must be done, to restore  
value to lives and ensure  
the knife hasn't won.*

*What role do the lyrical  
masters play in this,*

*inserting an earworm which  
rarely mentions hope or  
bliss.*

*How much do the video  
games that are played  
contribute to the lack of  
feeling when an order is  
obeyed.*

*This can't continue,  
something has to shift*

*If we all join together and  
play our part we can reduce  
the risks of becoming more*

*Anonymous*