



TOPIC OF THE MONTH

This month our Flu Campaign begins!

As we will need to host our flu clinics differently this year your vaccination will be done in pre-booked appointments over the Autumn period.

Eligible patients will have received a text message or letter with more details of how you will be able to book these. **Please try to book**

online where at all possible to keep our phone lines free for those who need them most.



Please note we are not able to book appointments for the flu at the Front desk.

Please attend your appointments as near to the time as you possible can and ensure that are wearing a face covering.

We have been advised that people in the 50-64 year old age group will not be vaccinated in the first wave of invitations, so no appointments will be offered for this age group until the second wave later in the year . This is to ensure that those who are most at risk are vaccinated first.

If you are 50-64 and you are in one of the other groups which are eligible for the flu vaccination, for example you have a health condition which puts you at risk from the flu, you will have be invited in the first wave this September.

Out child flu clinics will be up and running shortly too. Watch out for our invite in the next few weeks.



'Better Access' Physio

If you are experiencing new musculoskeletal problems, like backache, knee or hip pain then we can arrange a telephone call with a physio. They can advise you about treatments and exercises to help. Please speak to a member of our team who can arrange a telephone call for you.

Face Covering Exemptions



We have been getting a lot of calls asking for letters exempting patients from wearing face coverings. We appreciate that some patients may be anxious about wearing face coverings for many reasons however unfortunately GP's are not in a position to provide individual risk assessments or letters for patients who feel that they should be exempt from wearing a mask.

Further information about this can be found here:

<https://www.gov.uk/government/publications/face-coverings-when-to>

The team at Hutton Rudby are no longer able to provide hearing aid batteries. Please contact the audiology department at the Friarage if you need to arrange for replacement batteries or repairs.



Blood Pressure Monitors



We are encouraging all our patients that need to have their blood pressure taken on a regular basis to purchase their own monitor. This ensure that you are not coming into the surgery unnecessarily. You can then submit the readings over the phone or via your SystmOnline online account via the questionnaire tab.

You can purchase Blood Pressure Monitors from most pharmacies, or online from places like Amazon, Argos etc.

Are you signed up for our online services and to receive communications from us by text? Sign up with us today to make sure you don't miss out on easy ways to communicate with us without needing to contact us via telephone!



Team Update

We would like to welcome **Gail Gallagher** to our nursing our nursing team. We also have four new trainee GP's on placement with us so a big welcome to: **Dr Tim Moloney, Dr Zara Rochfort, Dr Folabo Sami and Dr Ololekan Adekeye.**