**Hough Green Health PArk WINTER Newsletter**

**December 2022 01515115805 gp.n81119@nhs.net March 2023**

**How to book an appointment to see a GP**

You can call the surgery between 8am – 6.30pm

weekdays to book routine GP appointments (appointments are available on the day for emergency cases)

**Patient on-line access** -You can also book appointments order repeat prescriptions and view your medical records online.

Download the nhs app at [www.nhs.uk/nhs-app](http://www.nhs.uk/nhs-app) to get started.

**Extended Access**

Pre-bookable and same day appointments available for you, with a prescribing practitioner based at Highfield Hospital

Mon-Fri 6.30pm–9.00pm and Sat 9.00am–3.30pm. As well as GP appointments we also offer smear and phlebotomy appointments during these times.

Ask our Reception Team for an Extended Access appointment

***FLU Vaccination – Book an appointment with our reception team today!***

***ARE YOU ELIGIBLE?***

***If you are aged over 65, pregnant, aged 2 and 3, aged 18 – 64 in an at risk group (check with reception team) or aged 50-64 with no health conditions then you are eligible to have your free flu vaccination at the practice. Call us on 01515115805 for our next clinic dates***

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COVID Autumn Booster

We will not be doing the covid vaccine at the practice this year.

To book your appointment please follow the link below to book online or call 119

[Book or manage a coronavirus (COVID-19) vaccination - NHS (www.nhs.uk)](https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/)

**COST of Living Support - do you need support or advice during the current cost of living crisis ? if so follow this link**[**https://www3.halton.gov.uk/Pages/health/costofliving.aspx**](https://www3.halton.gov.uk/Pages/health/costofliving.aspx)**for further details provided by Halton.go.uk**

**PPG – Patient Participation Group**

*Would you like to be part of Hough Green Health Park’s PPG?*

*We are a group of patients and staff who meet around 4 times a year and we come together to discuss the following:*

* *Promoting a patient led culture*
* *Promote a better healthcare and health education*
* *Identify opportunities to improve patient experience*

*If you would like further information or would like to join please contact Practice Manager Angela Clague.*

*Please contact the practice for next PPG meeting date.*

**Self-Referral Services**

**We Connect –** Are you facing difficulties right now ? We connect can help with financial pressures, loneliness and stress – contact them on 01928 589 799 or speak to GP practice for further details.

**CBT Counselling** –This non urgent service is aimed at adults 18+ who are experiencing common mental health problems such as anxiety and depression. Further advice and support call 0151 292 6954.

This service is not for people who feel they are in a crisis please contact your mental health team or GP to arrange an appointment

**ENT ear syringe – 01925 946250** based at Treatment Rooms in Widnes, call this number to book your appointment.



**Christmas Opening Hours:**

**Friday 23rd December – 8am – 6.30pm**

**Monday 26th December - CLOSED**

**Tuesday 27th December – CLOSED**

**Wednesday 28th December – 8am -6.30pm**

**Thursday 29th December – 8am – 6.30pm**

**Friday 30th December – 8am - 6.30pm**

**Monday 2nd January 2023 - CLOSED**

**If during this time you need urgent medical advice or assistance please call 111, calls to NHS 111 are free from both landlines and mobiles or www.111.nhs.uk**

***May we wish all of our patients a Merry Christmas and a Happy New Year***

**Text Reminder Service** We now have a text messaging service whereby we can remind patients of their appointments and if no longer needed the patient can cancel by texting **CANCEL** to us.

This service relies on the practice having an up to date mobile telephone number. Please ensure you have informed our reception team if you have changed your mobile number.

If you would like to opt-out of this service please let us know by contacting the practice on

**0151 5115805.**

For further details on Hough Green Health Park please visit our website: [www.houghgreenhealth.co.uk](http://www.houghgreenhealth.co.uk)