

BUNTINGFORD & PUCKERIDGE MEDICAL PRACTICE

Autumn/Winter Newsletter – November 2023

In this edition.....

- Opening Times - Christmas & New Year
- Prescription ordering over bank holiday
- Last chance to receive a free flu vaccine
- Latest Practice activity data
- Premises Update – BMC
- Shingles Immunisation programme
- Waiting on a referral? – My Planned Care
- Job seeking support – WHP Pioneer

AUTUMN HEADLINES!

FLU VACCINATIONS

We have a limited
number of Flu
Vaccinations
appointments – if you
have not yet booked,
please call or book
online!

buntingfordandpuckeridgepractice.co.uk uk

Prescription Ordering - Christmas break

Please remember to check your medication supplies to ensure you have sufficient to last you the Christmas and New Year Break.

See above for the Surgery opening time and prescription ordering schedule.

All repeat medication requests should be processed through the Online Services portal which can be accessed via the surgery website.

<https://www.buntingfordandpuckeridgepractice.co.uk/>

The digital approach is designed to improve the audit trail and streamline the repeat prescription process

If you need to register for online services, or require assistance with registering, please contact the surgery.

2023 Christmas & New Year Opening Times and Prescription Ordering schedule

| Date | Surgery Opening Hours | Prescription Schedule |
|--|-----------------------------|--|
| Friday 22 nd December | Open | Place today sent to Pharmacy Friday 30 th December |
| Saturday 23 rd December | CLOSED | Place today sent to Pharmacy Friday 30 th December |
| Sunday 24 th December (Christmas Eve) | CLOSED | Place today sent to Pharmacy Tuesday 2 nd January |
| Monday 25 th December (Christmas Day) | CLOSED | Place today sent to Pharmacy Tuesday 2 nd January |
| Tuesday 26 th December (Boxing Day) | CLOSED | Place today sent to Pharmacy Tuesday 2 nd January |
| Wednesday 27 th December | OPEN | Place today sent to Pharmacy Tuesday 2 nd January |
| Thursday 28 th December | OPEN | Place today sent to Pharmacy Wednesday 3 rd January |
| Friday 29 th December | OPEN | Place today sent to Pharmacy Thursday 4 th January |
| Saturday 30 th December | CLOSED | Place today sent to Pharmacy Thursday 4 th January |
| Sunday 31 st January (New Years Day) | CLOSED | Place today sent to Pharmacy Thursday 4 th January |
| Monday 1 st January (Bank Holiday) | CLOSED | Place today sent to Pharmacy Friday 5 th January |
| Tuesday 2 nd January | OPEN | Place today sent to Pharmacy Friday 5 th January |

The Buntingford & Puckeridge Medical are providing record numbers of appointments.

In the 4 weeks to 15th October 2023, we achieved:

12,257
face to face
appointments

2,022
Telephone
consultations

And our reception teams received 8,163 telephone calls

Premises Update

Buntingford Medical Centre

End of Community Engagement Period: Proposal for New Surgery and Approximately 200 homes on Land North of Hare Street Road

The community engagement period for the proposed new surgery and homes on land north of Hare Street Road, Buntingford, has now closed. The engagement period ran from Thursday 19 October until Monday 6 November and we would like to thank those who attended our exhibition on Monday 30 October 2023 and/or provided feedback via the website or feedback forms. We are now collating all feedback received during this time which will be recorded and responded to in the Statement of Community Engagement and will be submitted as part of the planning application.

If you have any questions regarding the proposals, you can still contact the project team in the following ways:

Calling us on 0808 1688 296

Sending us an email

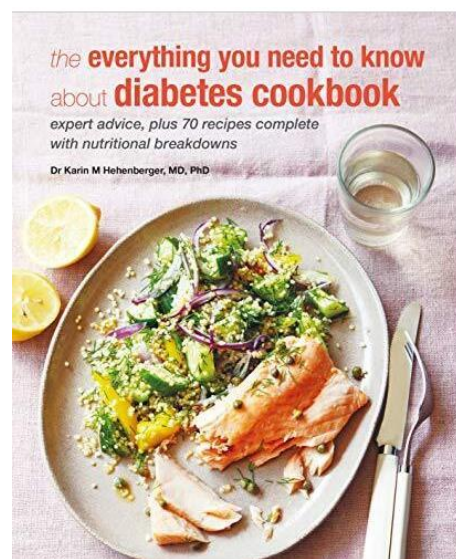
contact@harestreetroadconsultation.co.uk

Managing long term conditions – book recommendations

"The everything you need to know about diabetes cookbook : expert advice, plus 70 recipes complete with nutritional breakdowns" by Hehenberger, Karin M. (2017)

Library Link: <https://herts.spydus.co.uk/cgi-bin/spydus.exe/FULL/WPAC/BIBENQ/323700/302236713,1>

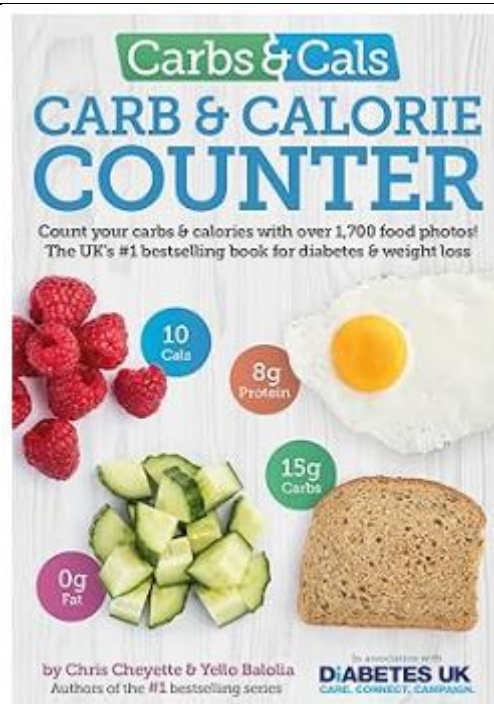
Understand the causes and effects of diabetes so you can live a full, active and long life. With 60 nutritious and tasty recipes that will help control your diabetes and aid weight loss - one of the key remedies for reversing Type 2 diabetes.



"Carbs & cals : count your carbs & calories with over 1,700 food & drink photos" by Hehenberger, Karin M.

(2017 Library Link: <https://herts.spydus.co.uk/cgi-bin/spydus.exe/FULL/WPAC/BIBENQ/330399/70657683,1>

Easy-to-use, highly effective resource for diabetes management, weight loss, portion control and healthy eating.



What is the Shingles National Immunisation Programme?

Vaccination to help protect against shingles is available for free to eligible individuals on the NHS. This programme is referred to as the Shingles National Immunisation Programme.

The Shingles National Immunisation Programme has Changed

On the 1st of September 2023, the Shingles National Immunisation Programme changed, and more individuals are now eligible for a free shingles vaccination on the NHS.

You are now eligible if you're:

- 50 years and over with a severely weakened immune system (severely immunocompromised)
 - Those aged 18-49 receiving a stem cell transplant may also be eligible. Speak to your specialist.
- Turning 65 years old - You'll be eligible from your 65th birthday
- 70 - 79 years of age

Eligibility for the free NHS shingles vaccination

How old are you?

Eligible

50+
with a severely
weakened
immune system*
(severely immuno-
compromised)

**You're
eligible now**



Turning
65

**You'll be
eligible
from your
65th birthday**



**70
to
79**

**You're
eligible now**



Not eligible

**Under 50 with
a severely weakened
immune system**

**Under 64, turned
65 before 1st Sept
or currently 66 to 69**

Over 80

*Those aged 18-49 receiving a stem cell transplant may also be eligible. Speak to your specialist.

Eligibility Q&A

I'm 65 already – will I be eligible for vaccination?

If you turned 65 before 1st September 2023, you'll be eligible for your free vaccination when you turn 70.

How do I get my shingles vaccination?

Once you become eligible your GP surgery should reach out to you and invite you for vaccination. If you are eligible and worried that you may have missed your shingles vaccination, contact your GP surgery to arrange an appointment.

I'm 80 years (or older) – am I eligible for vaccination?

If you're 80 years or older you should have already received your shingles vaccination. If you haven't received your vaccination, you are no longer eligible. If you're unsure about your vaccination status, contact your GP surgery to check.

My 65th birthday is next year (2024), when will I be eligible?

You will become eligible on your 65th birthday. Your GP surgery should have systems in place to identify patients when they become eligible for shingles vaccination and should reach out to you.

How do I know if I have a medical condition or if I'm taking medication which might cause a severely weakened immune system (severely immunocompromised)?

You can learn more about eligibility for individuals with a severely weakened immune system [here](#).

You can also check this with your nurse, GP surgery or specialist doctor.

My Planned Care

Helpful information for patients waiting
for clinical opinion, treatment, or surgery.

My Planned Care gives you advice and support while you wait and helps you to prepare for your hospital consultation, treatment, or surgery. This includes giving you information about waiting times at your hospital and other supporting and local services while you wait.

This site is updated weekly and can be viewed by anyone, which means you, your family or carer as well as your NHS team can all see the latest information.

Your hospital team will be in touch with you as soon as they can. If you are looking for an update, please check this website before contacting your hospital or GP.

Region

Please select the region where your hospital is located using the list below, or the interactive map.

- ➔ [East of England](#)
- ➔ [London](#)
- ➔ [Midlands](#)
- ➔ [North East and Yorkshire](#)
- ➔ [North West](#)
- ➔ [South East](#)
- ➔ [South West](#)

A-Z search

You can also find your hospital or treatment centre using the [A-Z Search](#) or a [Postcode Search](#). In addition, you can compare average waiting times for your local hospitals.





Healthier Together

Improving the health of babies, children and young people throughout Hertfordshire and West Essex

Healthier Together - a community initiative

The Healthier Together programme relies upon patients and healthcare professionals working together to improve how local healthcare is delivered. The website provides advice for parents, young people and pregnant women.

[Home :: Hertfordshire and West Essex Healthier Together \(hwehealthiertogether.nhs.uk\)](http://Home::HertfordshireandWestEssexHealthierTogether(hwehealthiertogether.nhs.uk))



As September sees the start of a new term for many, unpaid carers can check out the free learning and development sessions on offer from our Carers Development and Learning Team.

All our events are free for unpaid carers registered with Carers in Hertfordshire. Please feel free to share this information with any unpaid carers you may know

Reading Group

Where carers can meet other unpaid carers, discuss a book and chat over a cuppa. Meetings are held online monthly on Thursdays, 10.30am – 11.30am. [click here for details.](#)

Upcoming Events

Unpaid carers can explore the great outdoors on our [Wilder Walk](#) in Ware, focus on your safety at our [Keeping Carers Safe](#) workshop in Potters Bar, unwind for the evening with our online [Qi Gong](#) session, click this link to download our full list of learning opportunities: [CLICK HERE.](#) For our full list of events in large print, click the following link: [CLICK HERE.](#)

For enquiries about any of our courses and workshops, please email learning@carersinherts.org.uk or call us on 01992 58 69 69.

Keen to see how far your skills will take you?

Let's get started! Scan the QR code to complete the form and one of our team will get in touch with you within one working day.



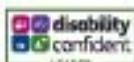
Contact us

To talk with one of our advisors, please contact:

0800 389 0211
self-referral@shaw-trust.org.uk
shawtrust.org.uk/whp-pioneer/

Please email studio@shaw-trust.org.uk to receive this information in a different format.

Shaw Trust Registered Charity No. England and Wales: 287785, Scotland: SC03985



Find and keep a job with the support of

WHP Pioneer

shaw trust



WHP Pioneer

We understand that finding the right job can feel overwhelming, that is why we are here to support you in that journey, and introduce you to find exciting job opportunities that you may not even know exist!

We're firm believers that the most powerful path to helping individuals move into work that suits them is by actively nurturing, training, and growing their skills right within the workplace.

Our commitment goes beyond just finding you a job; it's about helping you carve out your future in the world of work.

We'll be your unwavering support throughout this journey, from exploring your interests to landing you the Job, and even after you've started, we'll continue to support you.

How does it work?

Working with your dedicated Advisor, you'll embark on a journey into the world of work that's not just tailored but co-created, ensuring it's uniquely yours every step of the way.

Support includes:





Putting Your FAMILY'S HEALTH At Your Fingertips With BeeZee Live

FREE online course for families
to log on to healthy habits.

Live stream our expert family nutritionists to the comfort of your own home! We are experts at engaging children around healthy eating and fun exercise, and have plenty of tricks up our sleeves to help you and your kids make healthier choices, and then turn them into habits for a healthier, happier life!

BeeZee Families Live is a free, 12-week course of online webinars for children (5-8 & 9-12yrs) and their families to learn about healthy lifestyles.

SIGN UP FOR FREE!

beezeebodies.com/familieslive

03308 186308

@beezeefamilies

BeeZee Families



*eligibility criteria applies, see website for details





For 10 - 18 year olds

**A safe, welcoming space, with
professional workers to support
you with your wellbeing when you
need it.**



Just drop in!

T: 0208 189 8400 E: cyp@hertsmindnetwork.org W: www.withyouth.org