

WINTER NEWSLETTER 2022

<http://thevillagesurgeriesppg.co.uk/>



The Village Surgeries PPG

Message from the Surgeries

During the current COVID epidemic we have all had to change plans and to adapt to the government rules and advice.

The surgeries receive this information as soon as the media does, so please don't expect to hear anything different by contacting the surgeries.

In fact we should all take care by choosing reliable sources of information and avoiding some of the more dubious rumours out there.

Currently the best advice is to take a Lateral Flow Test before visiting people, especially those likely to be vulnerable. Also masks help reduce transmission of the virus.

On-line talks

The PPG has arranged for a series of on-line talks that you can watch from the comfort of your own home, or possibly with a close neighbour. Our next talk is on 18th January at 19:00 and is called "Love your Liver", which could be useful for many of us that may have overindulged over the festive break.

The Link to join is <https://thevillagesurgeriesppg.co.uk/talks/>

A provisional list of talks includes:
The Health consequences of working at home.

Love your heart.

Hay Fever & Allergies.

Managing your weight.

Lumps & Bumps – Oncology

The link to the last talk is at <https://thevillagesurgeriesppg.co.uk/talks/understand-your-prostate/>

COVID Vaccinations

The re-development of the Harpenden Public Halls has been postponed to allow the COVID vaccination booster programme to continue. Your appointment will be notified by letter or text.

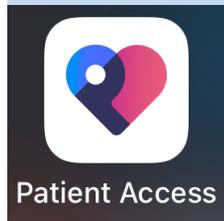
GO On-line Communication

Throughout the pandemic the Village Surgery has remained open offering telephone and face-to-face appointments for those who need them. This will continue in order to maintain social distancing and infection control in line with Government guidelines. We ask that you use on-line communication whenever you can to keep the phone lines free for the vulnerable and urgent queries; however you can request a telephone or face-to-face appointment if it is essential.

REPEAT PRESCRIPTIONS

Cut out the middle man by going on-line or using the Patient access or NHS App where prescription requests go directly to a your GP.

Not only does this save time but also paper.



EVEN MORE JABS!!

Its not too late to get a jab if you have felt concerned. By now we should have all realised that the vaccines are the best way to stay out of hospital and avoid the worst symptoms.

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