

SPRING NEWSLETTER 2022

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

The Village Surgeries PPG

Message from the Surgeries

Masks – we still encourage people to use masks where meeting indoors to reduce the risk of transmission. The FFP2 and FFP3 masks worn correctly will significantly help reduce transmission.

Pharmacy – don't forget that our local pharmacists can often provide help and advice immediately.

Please bear with us - We have recently had 3 Doctors, 1 Nurse self isolating due to Covid.

Recorded calls – we have been receiving abusive calls and have decided to install a recording system. Please remember our staff are trying to help you and rudeness will not be tolerated.

Why not visit our New website.
www.thevillagesurgeries.co.uk

On-line talks

Our next talk is on 12th April at 18:30 and is called "Love your nose", The Link to join is <https://thevillagesurgeriesppg.co.uk/talks/>



More than just the organ of smell, the nose warms, moistens and cleans air before it enters the lungs. It protects the airway by trapping and removing incoming dirt particles. Most of the time we ignore minor nose problems like sniffing, but when things get worse like snoring or blocked sinuses, it's important to take the right remedial action.

Our guest speaker is consultant, Mr Samit Unadkat, will share with us the symptoms to look out for and the treatments that are involved.

FEELING FRAZZLED

The Frazzled Café in partnership with Harpenden Trust have set up locally.

Frazzled Cafe meetings are not about therapy or offering solutions. They provide a safe and confidential space where people can speak openly without worrying about judgement amongst a group of peers who understand how it feels to be frazzled. What is said in the meetings stays in the meetings. Although Zoom has been used during the lockdown, the first face to face meetings are now being held in Harpenden.

Meetings must be booked in advance and run on Mondays (excluding bank holidays) at the Eric Morecambe Arts Centre, Leyton Road. People are welcome from 7.30pm for a 7.45pm prompt start.

Wheathampstead residents are also welcome; if you would like to take advantage of this great community initiative bookings can be made here:

<https://www.frazzledcafe.org/harpenden/>

Spring booster

COVID is more serious in older people and those with a weakened immune system. For this reason people aged 75 years and over, those in care homes and those aged 12 years and over with a weakened immune system are being offered the spring booster.

This spring booster is being offered as a precaution to those at extremely high risk, most of whom received their first booster 6 months ago. If the number of infections increases over the summer, this booster should help to reduce your risk of being admitted to hospital with COVID-19.

If you are entitled to the Spring Booster please book on line NHS.UK or call 119. The Surgery are not offering this booster and cannot book appointments for you.

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Webpage

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