

**North Clacton Medical Group
Patient Participation Group
(PPG)**

Autumn Newsletter 2023

**Welcome to the Autumn
2023 edition of the PPG
newsletter. In this edition
we focus on:**

- **[Appointments with a specific Doctor.](#)**
- **[Doctor referral letter.](#)**
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Appointments with a specific Doctor

Patient requests for a future appointment with a specific Doctor can be tricky. This is because most of our doctors do not work every day with our Practice, and the day that they work can often vary.

All that the receptionist can do is to offer an appointment when it is possible that the chosen Doctor will be on duty, but you will not be certain of an appointment with that doctor.

The PPG is in discussion with the Practice to see whether the situation can be improved.

Doctor referral letter.

We are aware of the delays in obtaining a doctor's referral letter
We are in discussion with the practice to see how this can be improved.

The surgery premises.

The practice has outline planning permission for a purpose-built health centre. However final planning permission is proving difficult to obtain. The PPG is working actively with the Practice to raise the profile of this.

Shingles jabs

Shingles can be very unpleasant. If you haven't had a shingles jab and you are between the ages of 70 and 79, contact the surgery.

Flu jabs

Eligible groups for the 2023/2024 flu season:

- aged 2 and 3 years on 31 August 2023
 - eligible school aged children (Reception to Year 11)
 - those aged 6 months to under 65 years in clinical risk groups
 - pregnant women
 - all those aged 65 years and over
 - those in long-stay residential care homes
 - carers, those in receipt of carer's allowance or main carer of an older or disabled person
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- household contacts of immunocompromised individuals
- frontline health and social care staff

Information on how eligible patients can get their jab will be available soon.

Booster covid jabs

The following people will be eligible for an autumn Covid booster:

- Residents in care homes for older adults
 - All adults over 65
 - People aged 6 months to 64 years in a clinical risk group,
 - frontline health and social care workers.
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- People aged 12 to 64 years who are household contacts of people with immunosuppression.
- People aged 16 to 64 years who are carers.

NHS England will confirm when eligible people can access the autumn booster vaccine soon.

Annual health check for patients between the ages of 40 and 74

The health professional, often a nurse, will ask you some questions about your lifestyle and family history, measure your height and weight, and take your blood pressure and do a blood test.

Health checks determine the risk factors of disease and allow early preventive measures.

Ask the surgery about a having a check.

**The PPG AGM will be on
November 16th at 7pm
Crusader Surgery.**

Everyone is welcome.
