

Littleton Surgery

Autumn Newsletter

Your Health This Season

As autumn arrives and the days become cooler and shorter, it's a good time to focus on your health and wellbeing. Autumn is an opportunity to prepare for the colder months, look after your mental wellbeing, and make sure you are up to date with any routine health checks and vaccinations.

Seasonal Health Tips

- Wrap up warmly as the weather gets colder and take care when travelling in wet or icy conditions.
- Try to stay active with regular walks or other activities that you enjoy.
- Keep eating a balanced diet and remember to stay hydrated, even when the weather is cooler.
- If you have a long-term health condition, make sure you have enough medication and order your repeat prescriptions in good time.
- Look after your mental wellbeing. Shorter days and darker evenings can affect how we feel, so make time for activities, friends and family, and seek support if you need it.

Flu and COVID-19 Vaccinations

Important update for our patients

NHS England have advised that if you are eligible for a flu or COVID-19 vaccination, you will need to arrange this through your **local pharmacy** not through Littleton Surgery.

We recommend contacting your pharmacy directly to check availability and make an appointment where required.

Please make sure you have your vaccinations when offered, particularly if you are at increased risk of becoming seriously unwell.



Patient Participation Group (PPG)

Our Patient Participation Group (PPG) is now underway, and we are looking forward to our next meeting in **October**.

The PPG provides an opportunity for patients to share their views, ideas and suggestions about the practice and help us understand what matters most to our patient community. Your feedback is valuable in helping us continue to improve our services.

If you are interested in becoming part of our PPG and would like to have your say, please contact the surgery and we will add your name to our list. We would be pleased to hear from you and welcome new members.

Mental Health Support

As the days become shorter and darker, it's important to look after your mental wellbeing as well as your physical health.

Mental health support is available for you, and you can access many services without needing to speak to your GP. Please visit our website at <https://www.littletonsurgeries.nhs.uk/services/mental-health/> for further information.

If you are experiencing a mental health crisis or need immediate support, you can call NHS 111 and select the mental health option, or call 0800 915 4644. These services are available 24 hours a day, 7 days a week.

Knowing Where to Get Help

When you're unwell, knowing where to go for help can make it easier to get the right care.

Pharmacy – Your local pharmacist can provide advice and treatment for many common illnesses and minor health concerns. Pharmacists can also assess and, where appropriate, **prescribe treatment for certain conditions** through the NHS Pharmacy First service. You may be able to access this without needing to see your GP first.

NHS 111 – If you are unsure where to get help or need medical advice, NHS 111 can assess your symptoms and advise you on the most appropriate next step.

Urgent Treatment Centre – For illnesses or injuries that need prompt attention but are not life-threatening, an Urgent Treatment Centre may be appropriate. You can go to a hospital A+E or **Teddington Walk In Centre at Teddington Memorial Hospital, Hampton Road, TW11 0JL**



Stoptober

October is **Stoptober**, a great opportunity to think about stopping smoking or cutting down.

Giving up smoking can have benefits at any age and can improve your health and wellbeing. If you're thinking about quitting, you don't have to do it alone. Support is available to help you manage cravings and find an approach that works for you.

If you would like help to stop smoking, speak to your local pharmacy or NHS Stop Smoking Service for advice and support.

Even if you have tried to quit before, it's never too late to try again.

Screening Saves Lives

NHS screening is an important way of detecting certain health conditions early, sometimes before you notice any symptoms. If you are invited for a screening appointment, please take the opportunity to attend. Screening programmes can help identify changes or conditions at an earlier stage, when treatment may be more effective.

Depending on your age and circumstances, you may be invited for **bowel, breast or cervical screening**, as well as other checks.

Please don't ignore your screening invitations. If you have questions about a screening appointment or are unsure whether you are due one, speak to the practice team or check the information provided with your invitation.

Early detection can make a difference — don't put off your screening.

Medication & Repeat Prescriptions

Please remember to order your repeat medication in good time, particularly if you are planning to travel or if there are upcoming bank holidays.

Our usual processing time for repeat prescription requests is **72 hours (3 working days)** from the time we receive your request.

Weekends are not included in this timeframe. medication.

Thank you for taking the time to read our autumn newsletter.

We hope you have found the information useful and that it helps you and your family stay healthy and well over the coming months.

We would also like to thank all our patients for their continued patience, understanding and support.

