

# BRAYFORD BULLETIN

October 2021

We are preparing our **Covid-19 booster and flu clinics** for the **2021-22 season** and will be commencing invitations in due course. Our aim for the clinics is to have the Covid-19 booster and flu vaccine given at the same time although for earlier clinics they will be separate due to dates of flu vaccines coming in. The dates will be across October, November and December and we will have weekday and Saturday clinics available. We ask that patient's please wait until they receive an invite from us before contacting the practice for an appointment. There must be at least a 6 month gap between your second vaccine and the booster vaccination.

Invites for the first wave of patients patient's have already gone out —the first wave will have a separate appointment for Covid-19 booster and flu vaccine. These are for the following dates:

- **COVID BOOSTERS: 16.10.2021 (08.00-18.30)**
- **HOUSEBOUND VISITS FOR COVID BOOSTER: 18.10.2021**
- **COVID BOOSTERS: 19.10.2021 (09.30-18.30)**
- **FLU VACCINATION: 30.10.2021 (08.00-18.30)**



**Stoptober** is here and is an opportunity for smokers who are ready to

quit. Smoking has been found to increase risk of contracting respiratory infection and of more severe symptoms once infected. Evidence shows that those who stop smoking for 28 days are 5 times more likely to stop for good. People of any age or point in life will receive benefits from stopping. We would like to promote **OneYouLincolnshire** to help our patient's to quit. OneYou offer a 12 week intervention programme with support, quit plans and stop smoking aids. More information can be found on their website.



We are pleased to announce our Patient Participation Group (PPG) will be re-commencing in October. The PPG is an opportunity for patients to be the 'listening voice of the patient' – working alongside the practice to provide feedback, directly ensuring the patients voice is heard leading to constructive discussions and improvements to services. We believe that the people who use our services are the best people to tell us what works and what can be improved.

**Our next PPG meeting will take place on: Thursday 14th October 2021 - 18:30-20:00**

If you would like to, please come along on the evening to join our group. We look forward to seeing and hearing from as many patient's as possible!

