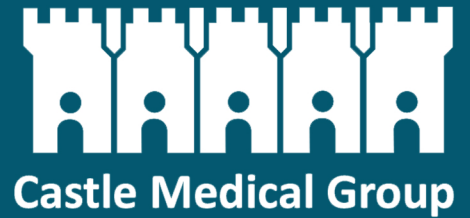


# patient newsletter

## OCTOBER 2024 EDITION



### flu season

The flu season has commenced for 2024...

- Pregnant ladies have commenced
- Nasal Flu (Age 2-3) will begin mid-September
- All other eligible groups will begin 3rd October



Invitations to book an appointment are being sent out in the next few weeks via text message. This will contain a link for our patients to book a suitable slot.

We are urging patients to ensure that we hold an up to date mobile number. You can update this information via the NHS App, or by emailing us at the generic email address:

**castlemedicalgroup.noreply@nhs.net**

If we do not hold a mobile number, we will contact patients by landline to book an appointment.

#### Saturday clinics:

These are scheduled to take place on 5th October and 19th October, with other dates to be advised.



To view the most up to date eligibility criteria please scan the QR code (left) or visit the NHS website at: [www.nhs.uk/vaccinations/flu-vaccine/](http://www.nhs.uk/vaccinations/flu-vaccine/)

### #red4research

On Friday 20th September 2024 we supported #Red4Research

#### What is Red4Research?

A day to wear red to demonstrate support and appreciation for all those participating, undertaking and supporting research.

It is an opportunity to showcase and celebrate the phenomenal work, learning legacy and innovative treatments, systems and techniques that have arisen from Research and Development.

It's all about positivity, creativity and support in the face of adversity.



### active practice accreditation

Being an 'Active Practice' can have a huge impact on the health of everyone connected to our practice. Being active is proven to reduce the risk of premature death, reduce social isolation and improve immunity to flu and other illnesses.

With that in mind we submitted our application to the Royal College of General Practitioners, and we are pleased to announce that our application met the Active Practice Charter criteria. Castle Medical Group are one of 4 practices within the local area to have been accredited.

Now more than ever it's vital that we support our patients and staff to be as active as possible for their physical and mental health. Our certificate of accreditation is displayed in the entrance lobby.

We are accountable for the changes we have already put in place, and those that we have pledged to implement in the future.

1. Support a reduction in sedentary behaviour in staff
2. Support a reduction in sedentary behaviour in patients
3. Support an increase in physical activity in staff
4. Support an increase in physical activity in patients
5. Partner with a local physical activity provider, to support the practice in getting more people active.

Please scan the QR codes for more information:

Active Together Website



Proud to be an #activepractice

RCGP Active Practice



### one patient, one problem, one appointment

To ensure that we provide a good quality experience for our patients, we ask that when you book an appointment it is for one problem only. This also applies to our 'sit and wait service'.

If you need to discuss a second problem, please book an additional appointment. This will help us to be able to give you adequate time to discuss your problem and consult safely with you.

