



We have been inspected by CQC

Back in August we were given just 10 days notice that CQC (The Quality Care Commission) would be coming to inspect the surgery. This is an all encompassing inspection looking at how the surgery is run under the five headings:

SAFE EFFECTIVE CARING RESPONSIVE WELL-LED

Whilst the surgery always strives to provide the best service possible for its patients and be prepared for an inspection, inevitably there was a last minute rush to ensure the surgery was presented at its best. The staff worked extremely hard and we are pleased to report that the inspection went very well.

We have now received our report and are very pleased to announce that we were rated as 'GOOD' overall with 'OUTSTANDING' for looking after people with long term conditions.



Flu Vaccination Season

The flu vaccination season is here again. For those of you that are entitled to a free flu vac your letter may already have arrived, if not it will soon be landing on your doorstep.

As soon as you get your letter, please telephone and make your appointment. To make it as convenient as possible to get your flu vac we will again be running Saturday morning clinics as well as the usual clinics throughout the week.



Please do not leave it to the last minute.

Do you have a Cold? What to do...

Colds are caused by viruses. These viruses can be spread through droplets that are coughed and sneezed out by an infected person. The viruses can also be transferred via a person's fingers or surfaces, such as door handles. The virus enters the body via the nose or eyes. If you have infected droplets on your fingers and you touch your eyes or nose, the virus can enter your body.

Cold symptoms

Coughing, sneezing, blocked nose, sore throat, headache, a slight temperature

If these are the only symptoms you have, it's unlikely that your GP will be able to do anything. You may want to visit your local pharmacy, where you can get advice on how to manage the symptoms and buy over the counter medication.

REMEMBER—this time of year there is always an added pressure on appointments. If you are unable to make your appointment, please let the surgery know so we can offer it to someone else
Thank you