

Spring is in the air already and as the weather warms up and the sun comes out more, we hope our patients have a wonderful Spring but also remain cautious and understanding that we need to still be careful.

COVID-19 is still here

Recently the Prime Minister outlined the plan for Living with COVID-19. As a healthcare setting we have had further guidance from NHS England as to how we should be operating going forwards, this includes:

- Our staff regularly taking lateral flow tests
- If they have a positive lateral flow test they will need to self-isolate for at least 5 days, they will not be able to return to work until they have had two negative lateral flow tests, 24hours apart
- Our staff will continue to wear face masks and protective clothing when interacting with patients
- Our patients will still need to wear face masks when in our building, unless they are exempt
- Patients should maintain social distancing when in our building
- We would also recommend to our patients that you take regular lateral flow tests and follow the guidance on self-isolation for at least 5 days and only end your self-isolation after that if you have had 2 negative lateral flow tests, 24hours apart
- Patients should take a lateral flow test before attending the surgery and rearrange their appointment if it is positive
- Patients will still be asked if they have symptoms of COVID-19 and if they have taken a recent lateral flow test before being allowed into our building.

We are contractually bound to follow this guidance but it is important to follow these guidelines to help keep our patients and wider community safe. Thank you for your continuing support with these protective measures.

<https://www.teignbridge.gov.uk/coronavirus-covid-19/>



I SHOULD'VE GOT THE VACCINE
INSTEAD I GOT REALLY ILL

GET VACCINATED NOW

**YOU CAN GET YOUR
COVID-19 VACCINES
AT ANY STAGE OF YOUR
PREGNANCY.**

**So if you haven't already,
the right time is now.**

GET BOOSTED NOW nhs.uk/covidvaccination

Our Practice remains part of the vaccination program for the local area but bookings for this service have to go through the National Booking Service.

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

You can still start your COVID vaccinations, if you haven't already.

We are starting to plan in a further booster for the most vulnerable people in our communities; the over 75s and those over 12 who have a suppressed immune system. Our local service is unable to vaccinate children but the National Booking Service will be able to book your child in at an appropriate venue if they are eligible for another booster.

A further reminder this month that we cannot take any other queries relating to the vaccination program and COVID-19. We are finding that 119 are often directing patients back to us when we cannot actually assist, we apologise that this is confusing and frustrating for patients. We continue to liaise with the local commissioners and medical committee regarding this to try to resolve but is an ongoing concern.

Wednesday 9th March

Cricketfield Surgery will close at 1pm on Wednesday March 9th for the rest of the day. Any calls into the surgery will be diverted to Devon Doctors.

This is to enable our staff to complete essential training and development work to ensure we continue to offer safe and efficient services to our patients.

We apologise for any inconvenience this may cause.

Common Illnesses

As more people are socialising as restrictions are relaxed, we are finding other illnesses are becoming prevalent again, such as non-COVID coughs and colds. Make sure you take a lateral flow test to make sure it isn't COVID and seek help from a Pharmacy for over-the-counter medication that can help if you need it.

Pharmacies can help with a lot of common illnesses such as:

- Coughs and colds
- Aches and Pains
- Stomach upsets
- Hayfever
- Earache
- Teething
- Thrush
- Cystitis
- Eye irritations
- Skin rashes

If you are eligible for the flu vaccine but haven't got round to it yet, please do call to make an appointment to have this done at the Surgery. Even as we head in to Spring it is important to protect yourself from flu especially as the illness is likely to start spreading again as less people wear masks etc.

Staff Levels in General Practice

Unfortunately, we have experienced high levels of staff absence again due to COVID isolations, other illnesses and holidays. This should hopefully ease in the next week or so.

The team continue to work incredibly hard to support patients and get you assessed and treated in-line with your priority to ensure fairness for all. We can only offer a same day call back or face to face appointment for those with the most urgent clinical need, determined by a clinician. If you think you have an urgent medical enquiry you should call in before midday.

We are finding our assessment service is helping patients then get the help they need in the right timeframe for their medical concern. You can submit an eConsult through our website or call us and you will be contacted within 2 working days to inform you what the plan is for you.

Please wait until after 10am to call with any prescription queries or clinical administration queries that you have as the lines are usually extremely busy with appointment requests first thing in the day. Thank you.


Our main line is 01626 208020 and is open 8:30am to 1pm then 2pm to 6pm



BOOST YOUR IMMUNITY THIS WINTER
WITH THE FLU VACCINE + COVID-19 BOOSTER

Flu and COVID-19 can both be life-threatening and spread more easily in winter. COVID-19 boosters are now available to everyone aged 40+. If you're 50+ you can have a free flu vaccine too.

Get vaccinated. Get boosted. Get protected.
nhs.uk/wintervaccinations



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**Newton Abbot RFC
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Newton Rd
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(EXCEPT BANK HOLIDAYS)**

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If you're looking for support or just a friendly chat then you can find your nearest women's wellbeing club by visiting our website

Check the website or Facebook for local group information Or use our info only text service 07394522110

(no calls can be made to this number and a response will be made via text between 5pm and 6pm daily)



CIC Number: 12489364

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