

## News from Holbrook and Shotley Surgery

### Fidget Quilts

The Fidget Quilts have taken off! Suffolk Family Carers are keen to receive a regular supply for their cabin at the hospital so please feel free to leave your completed quilts with us at either site. We are also working with the Mothers' Union who are launching their campaign for Fiddle Muffs in August. We have a small supply of wool if you need any and thanks to all those who have made quilts already, they're being well utilised.

### Training days

Our next training afternoons will be on Thursday 15<sup>th</sup> September and Wednesday 12<sup>th</sup> October when we will be shut from 1pm. Please ring 111 for advice if your query cannot wait until the following day. In an emergency, dial 999.

### Peninsular Patient Network

Our patient group is being re-launched! We now have a core group of five patients who are meeting regularly to raise the focus of the group and recruit others who we would like to give feedback on various issues and initiatives. This will mainly be done via online surveys but equally could be done by completing forms in the waiting room for those without internet access. We're keen to gain as many views as possible so please email us if you'd like to be involved at [peninsularpatientnetwork@gmail.com](mailto:peninsularpatientnetwork@gmail.com) or give your details in at reception.

### Flu Clinics

Our flu clinics this year will run from 2-6pm on:  
Holbrook: Wednesday 28<sup>th</sup> September and Tuesday 11<sup>th</sup> October  
Shotley: Thursday 6<sup>th</sup> October and Thursday 20<sup>th</sup> October  
If you are over 65, please accept this as your invitation to attend. Those under 65 with an eligible condition will be sent a letter.

**Please note that we are unable to vaccinate you unless you are eligible and you should attend a pharmacy for this if required.**

Julia Smith  
Practice Manager