



ELSENHAM SURGERY

OCTOBER 13, 2016

Our Next Drop-In Session....

Depression

I have been approached by a lady who would like some help setting up a friendship group for anyone suffering from Depression.

Depression can be a lonely illness with tens of thousands of people searching the internet every month looking for help and support to cope with their symptoms.

The aim is that we can set up an informal support group here in Elsenham. We are starting off with a coffee morning at the Surgery to ascertain if there is any local interest or demand and hope a group will evolve and develop from there. The first interest meeting will be held here at Elsenham Surgery on:

26th November between 10:00am – 12:00noon

There is no need to book – please just drop-in on the day.

If you are unable to attend but are interested in joining the group please contact Karen Greaves Practice Manager kgreaves1@nhs.net or 01279 818006 for further details.

Patient Participation Group – (PPG)

The Patient Participation Group is open to all fully registered patients of the practice and staff.

At present Dr. Whooley and Karen Greaves the Practice Manager are the Surgery representatives and attend the meetings.

The group meets on a monthly basis and the meetings are held in an informal way here at the Surgery.

We haven't met over the summer and our first meeting this Autumn will be held on Wednesday 26th October – 7:00pm here at the Surgery.

Items on the agenda so far are:

New Surgery Signs

Funding for the Village Defibrillator

Coffee Morning for Depression Support Group.

All are welcome please see Karen Greaves Practice Manager for more details.

Next Drop-In

November 26th

10:00 – 12:00 noon

PPG Meeting

Wednesday

26th October

7:00pm

at the Surgery.



Elsenham Surgery

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Elsenham

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Practice Manager

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Flu

The Flu season is now upon us! The best time of year to have your vaccination is between September and early November. The Flu virus changes so for maximum protection you should have your Flu vaccination every year.

Please be aware that our free vaccination service is only available to fully registered patients of the Surgery who are in one of the following groups:

- Any patient over the age of 65
- Any patient with a body mass index of 40 or over
- Children and adults with underlying health conditions (particularly long-term heart or lung disease)
- Children and adults with weakened immune systems
- Children aged 2, 3 and 4 years old on the 31st of August 2016

Please call and book an appointment.

Children in School years 1, 2 and 3 are also eligible and will be vaccinated via the Schools Immunisation Team.

Weekend and Evening Appointments

There are many weekend and evening appointments available to see a GP or Nurse Appointments available at either the Dunmow or Saffron Walden HUBS.

Please ask the Reception Team for details.

Please note:

All of the HUB appointments are pre-bookable only.

New Registrars

We are delighted to welcome our two new female Registrars

Dr Afshan Hussain – with us for 12 months

Dr Pellin Sahin – with us for 6 months.



