



Dr Dawoud's Surgery

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NHS App

Practice Newsletter

Welcome to Dr Dawoud's Autumn Newsletter

Healthy
Together
This Autumn
—❤—



Staff Updates

Congratulations to:

- **Francesca**, who has just completed her Care Coordinator training.
- **Lesley** has completed Phlebotomy training & will be holding her own clinics soon once she has had lots of practice.



Health & Wellbeing Tips

To maintain health and wellness in autumn, focus on staying physically active with indoor or outdoor exercises, eating a balanced diet rich in vitamins, and getting adequate sleep. It is also important to prioritize mental health, stay hydrated, wash your hands frequently to prevent illness, and ensure your home is warm and well-maintained. Getting your annual flu and COVID-19 vaccinations is a key preventive measure.



Flu Vaccinations

The seasonal flu vaccine is the best protection against the flu and its potential complications. By getting vaccinated, you're helping to protect yourself, your loved ones, and our wider community.



Keep your details up to date

It's important to keep your contact details up to date. If you have recently changed your address, telephone number, or email address, please inform the surgery as soon as possible. Keeping your details current ensures we can contact you promptly about your care and any important updates.



Did Not Attend

Missed Appointments – October Update

During October, the Practice recorded:

- **10** missed GP appointments
- **34** missed Nurse appointments



That's a total of **44** appointments that could have been offered to other patients.

If you are unable to attend your appointment, please contact the surgery as soon as possible to cancel or rearrange. This helps us make sure every appointment slot is used to support patients who need care.



Thinking about Quitting Smoking?

Do you, or someone you know, want to stop smoking? **Smokefree Lancashire can help.**

They offer **free** advice, support, and access to stop smoking treatments to help you quit for good.



Visit smokefreelancashire.co.uk

or call **0808 196 2638** (freephone) to get started today.



Pharmacy First

Your local pharmacy can now help with more minor health conditions, saving you time and freeing up GP appointments for those who need them most.

Under the Pharmacy First service, trained pharmacists can offer advice and treatment for a range of common conditions, including:

- Earache (ages 1 to 17)
- Impetigo
- Infected insect bites
- Shingles
- Sinusitis
- Sore throat
- Urinary tract infections (in women aged 16 to 64)



+ You don't need a GP appointment — simply visit your local participating pharmacy for quick, professional help.

Pharmacists can provide advice, recommend treatment, and, in some cases, issue medication where appropriate.

i For more information, visit www.nhs.uk/pharmacyfirst or speak to your local pharmacist.



Community Eyecare- Minor Eye Conditions Service

If you have a recent problem with your eyes, you can be seen by a local optician through the **Minor Eye Conditions Service (MECS)** — you don't always need to see your GP first.

This **free** NHS service provides assessment and treatment for minor eye problems, such as:

- Red, sore, or itchy eyes
- Dry or watery eyes
- Recent changes in vision
- Something in your eye
- Mild eye pain or irritation

Appointments are available at participating local opticians who have been specially trained and equipped to provide this care.

i To access the service, simply contact a participating optician directly — you can find a list at www.primaryeyecare.co.uk or ask the surgery for details.



Healthy People • Healthy Communities • A Brighter Future