

AUTUMN 2020

# The Good Practice Newsletter

## Autumn 2020 Welcome

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## Covid 19 Vaccine

We are expecting to begin vaccinating patients against Covid 19 within the next few weeks. The government hasn't given us the full details yet but we understand the priority groups will be care home residents and staff, healthcare workers and the over-80s. The plan is to then work down through the age groups.

Patients here at Good Practice are mostly likely going to be asked to attend the Violet Melchett Health Centre on Flood Street for the vaccination.

However, if you are housebound or you have a relative who can't get out, please do not worry. The team here at the Good Practice will make sure you receive the vaccination at home.

***We will keep you up to date with the latest news here on our website, text, Instagram @thegoodpracticesurgery and at the next virtual coffee morning.***

## Flu Vaccinations

From 1st December the flu vaccine will be available to everyone over the age of 50.

So, if you do fall into this category please do come to one of our walk-in clinics for the vaccine. It takes just two minutes and is very important to protect your health and those around you particularly this year with the pandemic.

We are running a drop in clinic every week and will let you know via text, the website and Instagram @thegoodpracticesurgery

We are keen to ensure all our patients who are eligible are vaccinated.

**The next walk-In Flu Clinic – Friday 27 Nov 7.30am – 8am**

Please pop in to see Dr Hammond

## New Generation of GPs

We are now an accredited GP training practice which means we will be helping to train the next generation of doctors. We hope to have our first GP Trainee in February next year.

## A Listening Ear in Lockdown

As we near the end of this current lockdown and embrace the tiered system which is due to be announced can I reassure you that everyone here at The Good Practice is working hard to look after your health and please know we are here for you. Moreover, if you are lonely or just want to have a chat for five minutes please join the virtual coffee mornings as above. They really are a tonic. Please see below.

## Good Practice Virtual Coffee Morning Wed 2 Dec 11am – 12 Noon Guest Speaker - Rachel Hammond of Hammond's Charcuterie



<https://www.hammondcharcuterie.co.uk/>

As we head into the festive period, we thought we would invite some guest speakers to join our virtual coffee mornings.

First off is Rachel Hammond; Artisan Butcher, Charcutier and Speaker.

Rachel will be giving a 10-minute talk on good animal husbandry and the health benefits of eating free range, wild, handcrafted meats.

Rachel is passionate about producing great food and is a great speaker. Please join in!

**Wednesday 2 December 11am - 12 noon**

### Zoom Details

<https://us04web.zoom.us/j/7068604877?pwd=SG40cXFydDU3bmp4NkdNSTczd3F0Zz09>

Meeting ID: 706 860 4877

Passcode: coffee