

Winter 2023

# Marsh Medical Practice



## PATIENT NEWSLETTER

### Stay Healthy this Winter

Whilst we understand the temptation is to stay at home at this time of year, we would encourage you to accept invites to review any long term health condition care you may be receiving such as COPD, asthma, diabetes, hypertension and heart failure. Some of these reviews can be undertaken over the phone so please book an appointment when you are reminded.

### Immunisations

Well done to everyone who has had their flu vaccinations this year but it's not only flu that we can help protect you against. We would strongly advise you to accept any invitations for vaccinations you are sent such as pneumonia, shingles and of course Covid. The NHS will automatically send out invitations if you are eligible but if you have any questions about what vaccinations you are eligible for please see [www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/](http://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/) or speak to our nursing team.

### Accurx

Many of our patients will have received text messages from us providing various information or asking for current details such as blood pressures. These messages are generated by our staff using the Accurx system and the results go straight into your records. Thank you to all of you who respond so promptly. If you have not received messages like this from us it may be because we do not have your mobile number on your records. If you would like to use this facility please provide your details to reception.



### Every Mind Matters - Be Kind to Your Mind

There are small things we can all do to help be kind to our minds, and these can make a big difference to how we feel.

Get expert advice and practical tips to help you look after your mental wellbeing and make them part of your daily routine here:

[www.nhs.uk/every-mind-matters/](http://www.nhs.uk/every-mind-matters/)

### Thank You!

A big thank you to all of our patients who have taken the time to provided us with feedback. It is always great to hear when things have gone well but it is also useful to know where improvements can be made - we don't know what we don't know!

Please see our website to complete the Friends and Family survey or click here:

[www.surveymonkey.co.uk/r/FandFsurvey2023-4](http://www.surveymonkey.co.uk/r/FandFsurvey2023-4)

