

DR'S SUTCLIFFE, GREEN, AND TAYLOR



National Stress Awareness Day - 6 November

Millions around the UK experience stress. At some point in the last year, 74% of us have felt so stressed that we have felt unable to cope (Mental Health Foundation).

A small amount of stress can be useful. It can help to motivate or excite you! Too much stress, though, can have negative impacts on your health and your relationships.

"The greatest weapon against stress is our ability to choose one thought over another."
- William James

At Dingle Park Practice, we have a fantastic social prescriber as part of our team: Jo.

Jo can support you with socio-economic concerns, such as stress, mental health, financial difficulties, and more.

If you feel you would benefit from an appointment with her, please call the surgery to arrange a referral.



Flu season is underway!

Flu season is underway, with several successful clinics behind us already.

If you have received your invite but haven't booked in, please take this opportunity to do so by using the myGP app or telephoning the surgery today.

You may be eligible for a flu vaccination if:

- You are aged 65+,
- You are aged 16-64 with certain health conditions,
- You are pregnant,
- You live in a care home,
- You are a carer, or
- You live with someone who is immunocompromised.

You should receive an invitation from the surgery, but if you haven't and you believe you are eligible, please call us to discuss. If you are eligible for a flu vaccine, it is likely that you are also eligible for a COVID-19 booster. These are safe to have together, and one vaccine will not provide protection from the other virus, so ensuring you have both booster vaccines is important for your health, and the health of those around you. **Pregnant people are also eligible for a pertussis vaccination.**



Alcohol Awareness Week

14 - 20 November

In England there are an estimated 602,391 dependent drinkers. Only 18% are receiving treatment [Alcohol Change UK].

Realising you have a problem with alcohol is the first big step to getting help.

You may need help if:

- you often feel the need to have a drink
- you get into trouble because of your drinking
- other people warn you about how much you're drinking
- you think your drinking is causing you problems

Alcohol misuse is the biggest risk factor for death, ill-health and disability among 15-49 year-olds in the UK, and the fifth biggest risk factor across all ages.

Reach out to your GP today. We are here to help.

<https://www.nhs.uk/live-well/alcohol-advice/alcohol-support/>

CALL US WITH ANY QUESTIONS OR SUGGESTIONS!