

# HERNE HILL GROUP PRACTICE NEWSLETTER

March 2021

HERNE HILL  
FOR COMMUNITY

## COVID - 19 UPDATE

### We are OPEN!

You can make appointments by telephone or video call - PLEASE don't come straight to the surgery! The person you speak to will arrange a GP appointment or direct you to other sources of help.

The GP may schedule an appointment with you by video or if necessary face to face.

Care will be taken to minimise any risk to yourself or others.

The Patient Access website offers:

- Quick and easy to use
- Avoids busy telephone lines
- Access out of practice hours
- Management of your appointments



## MENTAL HEALTH

The govt and NHS websites offer sensible self -help advice to deal with stress caused or made worse by Covid -19; there is also advice in newspapers and other media.

For those needing external input, the NHS offers a range of support.

**Mind** promotes the needs and views with anyone suffering with a mental illness .  
[www.mind.org.uk](http://www.mind.org.uk)

**Anxiety UK** offers help to anyone suffering with an anxiety disorder

**Bipolar UK** offers help to people affected by bipolar disorder. [www.bipolar.org.uk](http://www.bipolar.org.uk)

Help with anxiety, depression and other areas of distress can also be found via accredited counselling and therapy organisations such as The British Association for Counselling, The and Psychotherapy, and The British Psychoanalytic Council

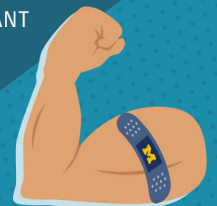
## FLU AND COVID-19

### Essential Childhood Immunisation Programme!

Flu and COVID-19 co-circulating, means immunisation is even more essential to protect the young from passing on flu to older relatives and other vulnerable groups, who can suffer complications of flu.

Flu can be extremely unpleasant illness in children, with those under the age of 5 being more likely to be hospitalised. than any other age group.

IN A YEAR UNLIKE ANY OTHER,  
**FLU SHOTS**  
ARE MORE IMPORTANT  
THAN EVER.



# SUPPORT GROUP FOR OLDER PEOPLE

**VENUE:** St Faiths Centre,  
Red Post Hill, SE24

## AIM:

protecting mental and physical health during Covid -19 lockdown.

the group offers support for older people in our local area during *the current lockdown including* opportunities for safe social contact, reducing isolation and offering practical assistance.

## HELP

- Someone can call you every week.
- Get practical help
- Arrange for someone to keep in contact with you

## MEET OTHERS:

Chat over a cup of tea on Tuesdays at 11am or Wednesdays at 2pm

**CONTACT:** Alex Bicknell -  
manager@stfaithscentre.org

Tel: 078 7293 8667

## BOOK IN ADVANCE TO ATTEND



# COVID -19 SAFETY



When coughing and sneezing cover mouth and nose with flexed elbow or tissue



Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



Herne Hill Group Practice follows best practice in maintaining and strengthening existing infection control practices.

- hand sanitiser at the entrance and throughout the building
- common areas are cleaned regularly throughout the day
- all clinical areas are thoroughly cleaned after each patient and deep cleaned at the end of the day
- reduced movement of staff and guests throughout the building and restricted external visitors to the practice to those essential to patient care
- alternative appointment options offered with increased telephone appointments and e- consultations -home visits continue for those unable to visit the surgery
- visitors must wear masks in public areas
- PPE is in use for all face to face patient care - social distancing is practiced in all waiting and common areas

# COVID -19 VACCINATIONS

Herne Hill Group Practice is working hard to ensure patients are vaccinated as swiftly and smoothly as possible.

You will be contacted by the surgery and told where to go when your vaccination is due.

**Do not turn up without an appointment.**

You may receive a text from Lambeth GP Federation or Herne Hill Group Practice to book your appointment, if you have trouble following the link please call the practice. If you are aged 70 and above or are clinically at risk and do not have a mobile telephone, please call the practice to arrange your vaccine appointment .