



# EASTHAM GP

SUMMER EDITION

WWW.EASTHAMGROUPPRACTICE.CO.UK

Welcome to our Summer edition, we hope you find it informative. If you would like to be involved in the next edition and have a question you would like answering, please email: [cmicb-wi.gatekeeper-n85005@nhs.net](mailto:cmicb-wi.gatekeeper-n85005@nhs.net).

## DO MORE WITH THE NHS APP!

More features coming mid September:

- Test Results
- View your GP health record
- Use NHS services
- Use NHS 111 online

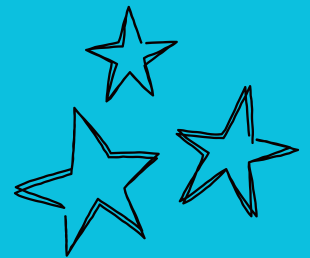
## WELLBEING WALKS

Weekly walks every  
Thursday starting at 11:30

 Main entrance of Eastham Group Practice 47 Bridle Rd, Wirral CH62 6EE



For more information contact:  
[jo.piller@nhs.net](mailto:jo.piller@nhs.net)  
or  
[mya.higginson@nhs.net](mailto:mya.higginson@nhs.net)



Get active

Free & all abilities welcome

Tea & Coffee provided at the end of walk

A chance to make friends

## Help and support

If you have any problems using the NHS App, you can:

- go to 'Help' in the top right-hand corner of the app. You will get help related to the feature you are using
- visit [nhs.uk/helpmeapp](https://nhs.uk/helpmeapp), or scan here



To download the  
NHS App, scan here



# Vaccinations

## FLU VACCINE

**\*\*Please support the Practice by having your flu jab with us as stock has been ordered and paid for in advance for every eligible patient\*\***

We are expecting delivery of our flu jabs mid September and will be contacting those that are eligible to book an appointment.

You will be invited for a vaccine if you meet the following eligibility criteria:

- Over 65
- Pregnant
- A Carer
- Clinical Risk groups

We will be running a variety of clinics to accommodate those who cannot attend the normal 9-5 day.

We will also be running separate clinics to administer the nasal flu spray for children aged 2-3 years and those aged under 18 with certain health conditions. Parents of eligible children will receive an invite for these clinics.

## COVID 19

We will also be making arrangements for the Autumn Covid Booster vaccine as soon as we have been informed of eligibility criteria and vaccine supplies.

# New Clinical Roles at Eastham

## Dr Niall Fitzpatrick



We are delighted to announce that Dr Niall Fitzpatrick joined our clinical team after successfully completing his training, he has accepted a long-term position with us.

He will be delivering clinical sessions on a Monday, Wednesday, and Thursday.

Dr Fitzpatrick has a wealth of knowledge from many different areas of healthcare, and we are delighted to be sharing his knowledge and expertise.

## Advanced Nurse Practitioner Sophie Parkes

We are delighted to announce that Miss. Sophie Parkes will be joining our clinical team as an Advanced Clinical Practitioner.

Sophie starts on 2nd October 2023 and will be delivering clinical sessions on a Monday, Tuesday, Wednesday, and Friday.

# THE LITTLE ORANGE BOOK

The Little Orange Book contains advice and tips on how to manage common illnesses and problems that babies and young children often experience in the first 5 years of their lives. It also has information on more serious conditions, what to look out for and how to get help. You can access it via our website <https://easthamgrouppractice.co.uk/little-orange-book/>

# HEALTHY START VOUCHERS

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks. To find out more about Health Start or to find out if you are eligible go to <https://www.healthystart.nhs.uk/>



# LONG COVID

Coronavirus (COVID-19) can cause symptoms that can last weeks or months after the infection has gone. This is known as Long COVID and it does not always go away. Assessment and treatment services are available across the North West Region. If you are still not feeling better, if you think you have Long COVID, need advice with managing symptoms or feel you would benefit from a referral to a North West Long COVID Clinic, please scan this QR code:



or visit the website <https://www.england.nhs.uk/north-west/our-work/long-covid/>

# PATIENT GROUPS

We would like to have an active Patient Participation Group (PPG) to help up improve the services we offer as a practice. If you are interested in joining, please contact the surgery for more information.