

# **Patterdale Lodge Group Practice**



## Flu & Covid Walk-In Clinics

# Protect yourself this season – no appointment needed!

Flu & Covid Vaccinations are available from October 2025 for those patients who are over 65, those 18-65yrs in clinical risk groups, who are pregnant (September), those in Residential Care Homes or who are Carers in receipt of Carer's Allowance, or those who are the main carer of an elderly or disabled person. Close contacts of immunocompromised individuals.

Location: Patterdale Lodge, Main Surgery, Legh Street

**Clinic Dates & Times** 

Wednesday 1<sup>st</sup> October 9am to 12 noon & 1.30pm to 5.30pm

Thursday 2nd October1.30pm to 6pmFriday 3rd October9am to 2pmTuesday 7th October1.30pm to 6pmThursday 9th October1.30pm to 6pmFriday 10th October1.30pm to 5.30pm

Location: Patterdale Lodge, High Street Branch

**Thursday 2nd October** 9am to 11.30am **Thursday 9<sup>th</sup> October** 9am to 11.30am

Location: Patterdale Lodge, Burtonwood Surgery

Monday 6<sup>th</sup> October 9am to 11.30am

Please do not arrive at the flu clinic if you have any of the following symptoms:

- New, continuous/repeatedly cough
- > Temperature greater than 37.8C
- A loss of sense of smell

When you come for your flu jab, why not use the health monitor to check your height, weight and blood pressure, just ask the receptionist for a token......it only takes a minute!!

# **Housebound Patients**

All housebound patients will be contacted, and arrangements will be made to visit them. A third-party service will be carrying the flu & covid jabs out on our behalf. Please wait to hear from them, the surgery does not know when they will visit





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## **Closed for Staff Training**

The surgery will close at 1pm on the following dates for dedicated staff training, we will re-open at 8am, the following day.

- Wednesday 22<sup>nd</sup> October 2025
- Thursday 27<sup>th</sup> November 2025

During these times, our phone lines are directed to the Out of Hours service, for any patients needing advice or an appointment.

# Dates to remember

#### October is

National Cholesterol Month.

High Cholesterol can lead to health problems. The only way to know you have it, is to get a cholesterol test. Speak to your GP

### October 10<sup>th</sup> is World Mental Health Day

Everyone deserves good mental health.

Promote mental well-being and reduce the stigma associated with mental illness

#### October is

Breast cancer Awareness Month

Touch Look Check, anyone can get breast cancer. Get to know your normal, by checking your breasts regularly. Wear pink and start the conversation

#### October 18th is

World Menopause Awareness Day

Menopause is a normal phase of life but can affect physical and emotional health.

Encourage your family and friends to talk openly about it

#### **November is**

Men's Health Awareness Month

Encourage all the men in your life to have regular check-ups, encourage them to exercise more, quit smoking and reduce their alcohol intake.

Have fun and join in the "MOVEMBER" campaign and encourage men to grow a moustache during November, to help start the conversation about men's health

# **Patient Participation Group**

Following our first PPG meeting, we have started developing a plan to improve the services we provide, based on feedback from our patients. We are committed to making changes that matter, and we will keep you updated along the way. For anyone who would like to know more about the meeting, please visit out website where you will find a copy of the minutes. Thank you to our members who attended, we really value your input and look forward to working towards improving the services we provide.



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