



Patient Newsletter



Keeping you warm, well & informed

As the days get shorter and the weather turns colder, we know that looking after your health is more important than ever. In this edition, we'll share practical tips to help you stay well through the colder months.

Our team is here to support you and your family – whether it's managing minor winter illnesses, keeping up with long-term conditions, or simply offering advice on staying healthy and active during the darker months.



Protect yourself this winter: Flu & COVID

Vaccinations

Flu and COVID-19 can both cause serious illness, especially in older adults, people with long-term health conditions, pregnant women and young children.

Who can have the vaccines?

COVID

- residents in a care home for older adults
- all adults aged 75 years and over
- persons aged 6 months and over who are immunosuppressed



FLU - From 1 September 2025

- pregnant women
- all children aged 2 or 3 years on 31 August 2025
- all children in clinical risk groups aged from 6 months to under 18 years
- primary school aged children (from reception to Year 6) - vaccinated at school NOT GP practice
- secondary school aged children (from Year 7 to Year 11) - vaccinated at school NOT GP practice

FLU—from 1 October 2025

- everyone aged 65 years and over
- individuals aged 18 to under 65 with certain long-term health conditions
- care home residents
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- those living with people who are immunocompromised
- frontline health and social care workers

Our upcoming Flu Clinic will take place on:

Saturday 11th October

08:30-12:30

There will be more flu clinics held at the surgery; dates to be confirmed.

If you are eligible for a free flu vaccination, please book an appointment with our reception team.

Get your flu vaccination here

**STAY WELL
THIS WINTER**



Community Support throughout Autumn

We know the colder months can bring extra challenges. Alongside the care we provide at the surgery, here are some local and national services that may help you or someone you know or care for:



Warm spaces - Across Ipswich & Suffolk, community venues such as libraries, churches and community centres are open as warm spaces. They provide free heating, hot drinks and a welcoming place to spend time.



Food support

- Families In Need (FIND) - offers emergency food parcels and essential household items (via referral)
- Food Cycle Ipswich - serves free, healthy community meals every week (no booking required)



Cost of Living Help

- Ipswich Borough Council has a cost of living support page with help for heating, food and financial advice.
- Warm Homes Healthy People Suffolk offers support with energy costs, grants and home efficiency advice.



Mental Health & Wellbeing Support

- Wellbeing Suffolk - offers free NHS talking therapies, online courses and group sessions for stress, anxiety or low mood. Self referral is simple via their website or phone.
- Samaritans - a free, confidential listening service, available 24/7.
- Suffolk Mind - provides resources, courses and local support to help manage mental health.



If you are finding things difficult this autumn, please remember you don't have to manage alone.

Our **Social Prescriber** is here to help. They can:

- Listen to your concerns, in a friendly, supportive way
- Connect you with local warm spaces, food support, community groups and activities
- Signpost you to services for housing benefits or financial advice
- Support your emotional wellbeing by linking you with charities or social groups

If you would like to book in to see our Social Prescriber, please make an appointment with our reception team who will be happy to help.



Ravenswood Medical Practice

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Health Campaigns We Are Supporting

Throughout the year, our surgery takes part in a range of national NHS health campaigns. These campaigns are designed to raise awareness, share reliable advice and help patients look after their health.

This Autumn we will be supporting:



Raising awareness of mental wellbeing and where to get help and support locally.



Supporting people who want to quit smoking with free tools and advice.

PATIENT PARTICIPATION GROUP

Our Patient Participation Group (PPG) meets at the practice on a regular basis.

It is intended to provide an opportunity to further patient services by encouraging a better understanding of the work of the practice.

Participation is on a voluntary basis and light refreshments are provided. Anita Burgess and other members of the practice including the GPs will also be in attendance as appropriate.

Our Patient next Patient Participation Group meeting is scheduled for:

Wednesday 8th October at 3pm



Top Health Tips for Back to School:

- Stay up to date with vaccinations
- Healthy lunchboxes and snacks; include fruit, vegetables, wholegrains and a water bottle
- A good sleep routine; consistent bedtimes help with focus & behaviour
- Hand hygiene matters; encourage regular handwashing & the "Catch it, Bin it, Kill it" approach
- Emotional wellbeing; back to school can be exciting but also stressful. Check in with your child about how they are feeling