**Highgate Medical Centre**

**Newsletter September 2019**

**Do we have your up to date details?**

The practice is enhancing the way we communicate with you. We are now sending SMS messages. These do not contain clinical details. Please ensure you update your details on-line/at reception

**Flu jabs**

We now have clinics set up for your annual flu jabs. Please contact our team to book an appointment today if you’re 65 years and over, pregnant, a carer or have a long term condition like diabetes and COPD and those with low immunity eg patients undergoing cancer treatments.

We have Saturday clinics: 28th September and 26th October.

**Carers Coordinator**

We now have a named Carers Coordinator, Jennie Wilson, at the practice. She has useful information about support and services available to carers, but is also available if you are feeling the strain and just want a chat! Please contact her directly at the surgery.

Extended Hours Appointments: Soar Valley Primary Care Network (PCN)

Highgate Medical centre is now a member of the Soar Valley PCN working together with local practices to provide enhanced services for our patients. As such, our patients can now access extended hours appointments at Barrow Health Centre. Please speak to a member of our team for details

**NHS Health Checks**

If you’re aged 40-74 years and don’t already have a cardiovascular disease like diabetes, you are entitled to a free NHS Health check.

Book your NHS Health check today with our healthcare assistant Sarah.