

# BIRCHWOOD PPG NEWSLETTER



DECEMBER 2023

## Special Points of Interest:

					
Eating Disorder Awareness Week	Ovarian Cancer Awareness Month	International Women's Day	World Down Syndrome Day	World Autism Acceptance Week	International Transgender Day of Visibility
25 February–2 March 2024	March	8 March	21 March	25–31 March 2024	31 March
An international awareness event, fighting the myths and misunderstandings that surround eating disorders.	Ovarian cancer is a disease that can disrupt the normal function of the ovaries. If it's left unchecked, it can affect other parts of the body too.	A global holiday celebrated annually to commemorate the cultural, political, and socioeconomic achievements of women.	Advocating for the rights of people with Down syndrome	An opportunity to get involved in helping to create a society that supports autistic people.	Celebrating trans and non-binary people and aiming to raise awareness of discrimination faced by trans and non-binary people worldwide.

## QUICK UPDATES

### FLU

Thank you to everyone involved in another successful flu campaign! Over the two weekend clinics we administered 675 flu vaccinations in total; 269 on the 7th and 389 on the 14th of October.

If you still haven't had your flu vaccination and are eligible, please call to book in, as we still have some vaccinations available.

### SHINGLES

Following new NHS guidelines, we will be contacting patients to offer them a shingles vaccination if they are eligible, the guidelines are as such:

- Patients over the age of 50 who are severely immunocompromised
- Patients that have turned 65 between the 1st of September 2023 and the 31st of August 2024
- Anyone between the ages of 70 and 79

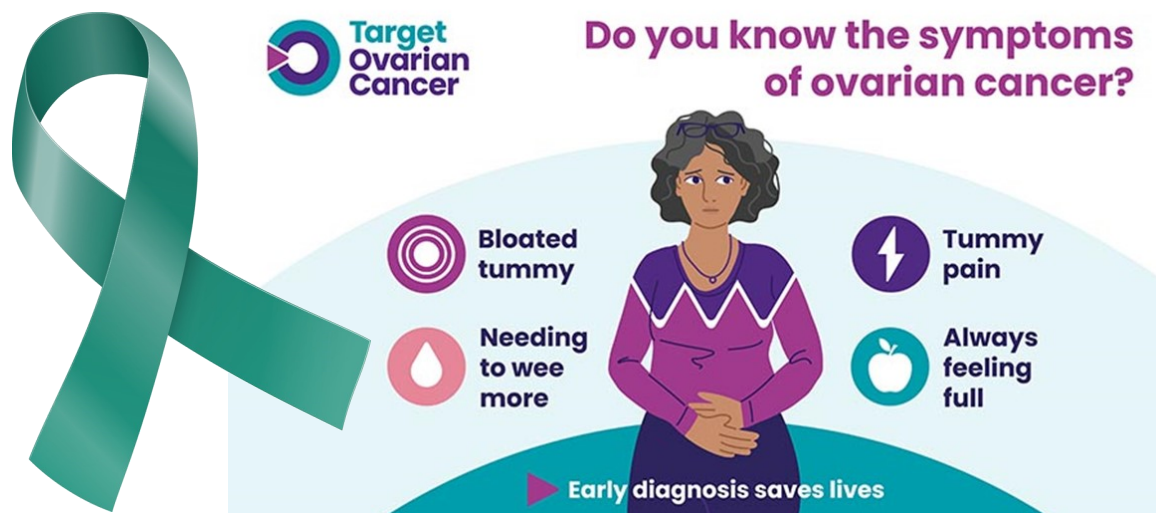
If you believe that you may be eligible and haven't heard from us, please feel free to call and we will look into it for you.

### DID YOU KNOW

Eating grapefruit or drinking grapefruit juice can affect some medicines. In most cases, it increases the level of the medicine in your blood. This can increase the risk of side effects or alter the effect the medicine has.

If your usual diet includes grapefruit or grapefruit juice and you've been prescribed a medicine that's affected by grapefruit, speak to your GP or pharmacist. Do not stop taking your medicine without advice. For a full list of affected medications, you can visit: [www.nhs.uk/common-health-questions/medicines/does-grapefruit-affect-my-medicine/](http://www.nhs.uk/common-health-questions/medicines/does-grapefruit-affect-my-medicine/)

# OVARIAN CANCER AWARENESS



## What to do if you are experiencing symptoms:

If your symptoms are:

- Persistent
- Severe
- Frequent
- Out of the ordinary



Make an appointment with a GP as soon as possible. Keep a record of your symptoms and have notes to hand during your appointment to help them make a diagnosis.

## PRICING LIST

While we understand this may be frustrating to our patients, the practice has made the decision to update our fees for private work in line with the current economy. Our fees were last updated a decade ago and we are now in a position where this is a necessary change for the ability to continue to offer these services. Further information regarding the process of submitting private work for completion will soon be available on our website and Facebook page.

Item	Fee Charged	Surcharge of £1.50 for cash and cheque payments
Insurance Claim form	£120	£121.50
Disability Service allowance form	£50	£51.50
GP letter of support	£60	£61.50
Driving Medical (HGV, Taxi, PSV)	£150	£151.50
Detailed Written Report without Examination	£100	£101.50
Addendum Report	£70	£71.50
Firearms License + Renewal	£100	£101.50
Proof of medication for travel	£30	£31.50
Police Health Questionnaire	£85	£86.50
Pre-employment Medical	£130	£131.50
Fostering Medical	£110	£111.50
Insurance/Medical Reports via IGPR	£100	£101.50

A quick reminder  
to always bring ID  
when collecting  
documents