

Practice Closure Notice

Please note the practice will be closed from 12:00 pm on Tuesday 16 June for staff training. For urgent medical assistance during this time, please contact NHS 111. Normal opening hours will resume on the 17th of June.

PPG

Our next Patient Participation Group (PPG) meeting will take place on Thursday 25 June at 12:30 pm in the practice waiting room. Everyone is welcome to attend. For more information, please ask at reception.

UNATTENDED APPOINTMENTS

During May, 158 appointments were not attended, resulting in 23.7 hours of lost clinical time.

If you no longer need your appointment, please cancel it as soon as possible by phone, online, or by replying to your appointment text message. This helps us offer appointments to other patients who need them.

LOCAL SKIN LESION CLINIC

If you are worried about a mole or skin lesion, you can self-refer directly to the Clacton Diagnostic Centre at Clacton Hospital.

☎ Call 01255 201577 to arrange an appointment.

SLEEP STATION

If you're struggling with sleep, you can now self-refer to Sleepstation, an NHS-approved online sleep support service.

☎ Call 0333 800 9404 or visit: app.sleepstation.org.uk/nhs/register

Proactive Care Team

Our Proactive Care Team, part of the PCN, is working with the SOS Bus in Clacton town centre once a month to provide health screenings, health and wellbeing advice, and signposting to local services.

Their first session was a great success, with 11 health screenings completed. The team also made referrals for further support and investigations, as well as arranging medication changes and patient reviews where needed.

NHS FRIENDS AND FAMILY TEST

