

Little Common Surgery

82 Cooden Sea Road

Little Common

Bexhill-On-Sea

TN39 4SP

Old Town Surgery

13 De La Warr Road

Bexhill-On-Sea

TN40 2HG

NEWSLETTER - AUTUMN 2021

FLU SEASON IS UPON US!

The flu vaccine is a safe and effective vaccine. It's offered every year on the NHS to help protect people at risk of getting seriously ill from flu. The best time to have the flu vaccine is in the autumn or early winter before flu starts spreading. But you can get the vaccine later.

Flu vaccination is important because:

- more people are likely to get flu this winter as fewer people will have built up natural immunity to it during the COVID-19 pandemic
- if you get flu and COVID-19 at the same time, research shows you're more likely to be seriously ill
- getting vaccinated against flu and COVID-19 will provide protection for you and those around you for both these serious illnesses

If you've had COVID-19, it's safe to have the flu vaccine. It will still be effective at helping to prevent flu.

Who can have the flu vaccine?

The flu vaccine is given free on the NHS to people who:

- are 50 and over (including those who'll be 50 by 31 March 2022)
- have certain health conditions
- are pregnant
- are in long-stay residential care
- receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
- live with someone who is more likely to get infections (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus or rheumatoid arthritis)
- Frontline health or social care workers

Welcome

Welcome to our Autumn Newsletter. If you would like to receive our quarterly newsletter by email then please register via our website at www.oldtownsurgery.org.uk. The newsletter will also be available on our website and our Facebook page.



Pumpkin Cupcakes

Ingredients:

- 280g plain flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground allspice
- 1/2 teaspoon salt
- 1 tablespoon baking powder
- 1/2 teaspoon bicarbonate of soda
- 110g butter, softened
- 200g caster sugar
- 5 tablespoons brown soft sugar
- 2 eggs, room temperature
- 180ml milk
- 250g pumpkin, cooked and pureed



Cinnamon cream cheese icing:

- 200g cream cheese, softened
- 50g butter, softened
- 350g icing sugar
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon

Method:

1. Preheat an oven to 190 C / Gas 5. Grease 24 muffin cups, or line with paper muffin cases. Sift together the flour, 1 teaspoon cinnamon, nutmeg, ginger, clove, allspice, salt, baking powder and bicarb; set aside.
2. Beat 110g of butter, caster sugar and brown sugar with an electric mixer in a large bowl until light and fluffy. The mixture should be noticeably lighter in colour. Add the room-temperature eggs one at a time, allowing each egg to blend into the butter mixture before adding the next. Stir in the milk and pumpkin puree after the last egg. Stir in the flour mixture, mixing until just incorporated. Pour the cupcake mixture into the prepared muffin cases.
3. Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 25 minutes. Cool in the tins for 5 minutes before removing to cool completely on a wire rack.
4. While the cupcakes are cooling, make the icing by beating the cream cheese and 50g butter with an electric mixer in a bowl until smooth. Beat in the icing sugar a little at a time until incorporated. Add the vanilla extract and 1 teaspoon ground cinnamon; beat until fluffy. Once the cupcakes are cool, ice with the cream cheese icing.

FLU CLINICS UPDATE

We have started our Flu Clinics but unfortunately we are now experiencing another delivery delay and we are unable to book any further clinics, so keep an eye on our [website](#) and our [Facebook page](#) for clinic dates as soon as we get them. Please also ensure we have your mobile number so that we can update you via text message.

Appointments

Please remember to cancel your appointment if you cannot make it or do not need it. Sign up to receive text message reminders by visiting our website or download the MJog text message app from the Apple



Join us on Facebook <https://www.facebook.com/LCOTSurgery/> for health tips and raising awareness of health conditions, as well as keeping up to date with the Surgery. Please also visit our website ;

<https://www.oldtownsurgery.org.uk/>

Prescriptions

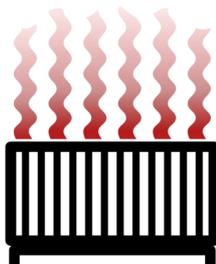
If you have a prescription query, give our Prescribing team a call between 10am-12pm and 2pm-4pm. Please note: this is not to be used for ordering a repeat prescription.

We received over 16,000 calls in August!



Stay warm this winter

Visit warmeastsussex.org.uk for tips on how to keep your home warm this approaching winter. Apply for a Warm Home Check Service to receive advice on how you can keep your home warm and reduce energy costs.



GP Triage

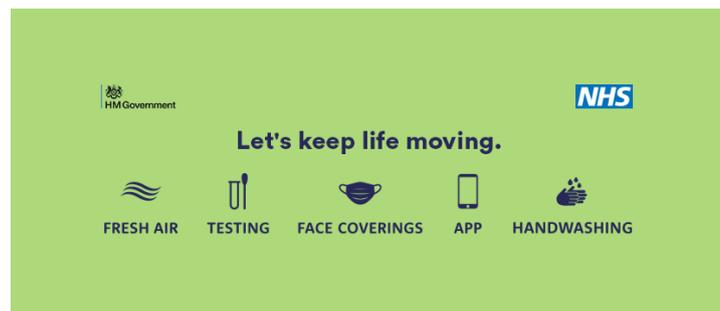
Whilst the NHS continues to navigate through the ongoing pandemic, the surgery remains very much open for our patients. We are providing a telephone triage system in the first instance. This means all patients requesting to see a GP face to face are spoken to by a GP on the telephone first and are then booked a face to face appointment if it is deemed necessary. We understand that most patients would prefer to be seen face to face, however we still need to adhere to social distancing guidelines and make a concerted effort to keep our patients and staff safe. We thank you for your patience and understanding!

Covid Booster Vaccinations

Please be aware that we are **not** vaccinating the Covid Boosters, either at the surgery or the Sidley Hub. If you have received an invite from the NHS to book your covid booster, please call 119 or book online.

16 and 17 year olds

Young people aged 16 and 17 years old can now book their Covid vaccinations. Call 119 or [find a walk in Covid vaccination site.](#)



October is Breast Cancer Awareness Month

On Friday 22 October 2021, we will wear pink. Raise money. And help make life-saving breast cancer research and life-changing care happen. If there ever was a time to put on that pink top, proudly drape that pink feather boa around your neck or pull up those pink socks, it's now.

Breast Cancer Now's Wear It Pink Day is one of the biggest fundraising events in the UK. Taking place during Breast Cancer Awareness Month, thousands of amazing people wear it pink in their communities, school or work places for the UK's largest breast cancer charity, Breast Cancer Now. 2021 is the 20th year that we'll all be wearing pink, with over £36 million raised since 2002. Together, we can go even further and raise even more money for the people affected by this disease.

