

Hardwicke House

Patient Partnership Group (PPG)

Newsletter Autumn/Winter 2026/27



HARDWICKE HOUSE GROUP PRACTICE
01787 370011



HARDWICKE HOUSE WEBSITE
<https://hardwickehousesurgery.co.uk>

IMMUNISATION



COVID-19 vaccination

- Hardwicke House is a designated Covid-19 vaccination site so please contact the practice to book your Autumn vaccine
- Find a walk in site at www.nhs.uk/covid-walk-in

FLU

- Contact your GP surgery.
- Book a pharmacy appointment on the NHS App or online at www.nhs.uk/book-a-flu-vaccination
- Find a pharmacy at www.nhs.uk/flu-pharmacy



Flu and Covid -19 spread more easily in winter and can be hard to avoid. Every year, thousands of older adults need hospital care for flu and covid-19. It is recommended you have both vaccines every year to reduce your risk of severe symptoms. Protection fades over time and viruses change.



IMPORTANT SCREENING OPPORTUNITIES



Your GP and nursing team strongly recommend that you take up offers for the various screening services and NHS Health checks.

- CERVICAL SCREENING - offered to women and people with a cervix aged 25 to 64 every 5 years to check the health of cells in the cervix. If you have been invited for a screening but you are concerned about having it then please do not hesitate to ask one of our qualified nurses to speak with you as they will be very happy to talk through any concerns you may have.
- BREAST SCREENING - offered to women aged 50 to 70 to detect early signs of breast cancer. Women over 70 can self refer.
- BOWEL CANCER SCREENING - everyone aged 50 to 74 is offered a bowel cancer screening home test kit every 2 years. If you're 75 or over, you can ask for a kit every 2 years by phoning the free bowel cancer screening helpline on 0800 707 6060.
- LUNG CANCER SCREENING - lung health checks find out how well your lungs are working, and check for cancer, these are becoming available in some parts of England. If you're aged 55 to 74 and have ever smoked, you may be contacted by a local NHS service to take part in lung cancer screening
- ABDOMINAL AORTIC ANEURYSM (AAA) SCREENING - offered to men when they turn 65 to detect abdominal aortic aneurysms (a dangerous swelling in the aorta). Men over 65 can self-refer. The AAA service run regular clinics out of Hardwicke House surgery
- NHS HEALTH CHECKS - offered to patients aged 40 -74. If you are invited for an NHS Health Check then we strongly recommend that you accept the offer, it will take about 20 minutes and will help identify potential health risks and offer you guidance on how to maintain a healthy lifestyle
- VACCINATIONS/ IMMUNISATIONS - we strongly recommend that you take up any offers that are tailored to you, for example flu, covid, shingles, RSV, pneumonia. Our nurses will be very pleased to explain the reasons and benefits for you of any vaccination you are offered to help you make an informed choice.

KNOWING WORKS - HEALTHWATCH SUFFOLK

1. SHARE YOUR EXPERIENCE OF GYNAECOLOGICAL PAIN

Healthwatch Suffolk wants to hear about people's experiences of getting help for gynaecological pain, including pelvic or ovarian pain, endometriosis, fibroids, period pain and cramps. Your feedback will help improve local treatment, care, advice and support services. It's quick and easy to take part at:

<https://healthwatchsuffolk.co.uk/gynaepain> . If you need support to complete the survey, have questions about the project, or require an accessible format (such as a paper copy or another language), contact Healthwatch Suffolk on 0800 448 8234 (freephone) or email research@knowingworks.co.uk.

2. FROM NOVEMBER 2026, A NEW SERVICE WILL BE LAUNCHING ACROSS NORFOLK AND SUFFOLK CALLED WORKWELL.

It is a support programme for people of working age who are worried about work because of their health or disability <https://www.letstalkhealthandcare.co.uk/workwell>.

The Norfolk & Suffolk Integrated Care Board are looking for your help to design WorkWell. You can:

- take part in a short survey below to share your experiences and ideas
- be part of a working group to help select the right service provider for WorkWell,

If you have any questions or want to find out more, please contact Laura, WorkWell Development Manager (NHS Norfolk and Suffolk Integrated Care Board): laura.bernard1@nhs.net or call 01473 770261.

DO YOU NEED REASONABLE ADJUSTMENTS?

People with a physical disability, sensory disability, learning disability or long-term condition such as dementia are entitled to reasonable adjustments to ensure they have access to the care they need taking into account their individual circumstances. Reasonable adjustments are individual to each person and help remove barriers that people face. For example, providing information in an easy to read format, longer appointments or quiet waiting spaces. Please feel free to speak to your GP surgery about ways they could help.

PATIENT PARTNERSHIP GROUP

Members of this group provide a link between the practice staff and the patients. We meet every other month for about 2-3 hours and are always looking for new members. If you are interested in joining us or are interested in finding out more, please contact the secretary

New Members
Welcomed

Email: hh.ppgsecretary@gmail.com
07801 178825

USEFUL NUMBERS

Chambers Buses	01787 375360
Felix buses	01787 310574
Go Start	01787 242116
Babergh District Council	0300 1234000
Suffolk County Council	0345 606667
Sudbury Community Centre	01787 464380
Audiology	01284 713507
West Suffolk Hospital	01284 713000
Physio self referral	03330 433966
U3A	07708 677917

MISSED APPOINTMENTS

If you cannot attend your appointment, please telephone to cancel so that an urgent request by another patient to see a doctor or nurse can be given.

Patients are able to cancel appointments by phone 01787 370011

PHARMACIES

BOOTS SUDBURY	01787 372617
BOOTS GT. CORNARD	01787 375804
SUPERDRUG	01787 379358
NORTH ST. PHARMACY	01787 371232
TESCO PHARMACY	01787 801006
LONG MELFORD	01787 379809
CLARE PHARMACY	01787 277315

PHYSIOTHERAPY SELF REFERRAL

SUDBURY COMMUNITY
Centre
03330 433966

TAXI VOUCHERS

If through lack of mobility you can no longer use your bus pass, taxi vouchers are available from Suffolk County Council.

TEL: 0345 6000659 for information

