



Top up your immunity this winter.



Vaccines are the best protection we have against dangerous viruses like flu and COVID-19. Find out if you're eligible for these two essential vaccines now at [nhs.uk/wintervaccinations](https://www.nhs.uk/wintervaccinations)

Our Flu and Covid vaccination clinics are now underway.

We are inviting patients to book in so please wait for your text message or telephone call. All housebound and care home patients will receive a visit from the local care team to administer the vaccines.

For more information on winter vaccinations, go to www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/

Who can have the flu vaccine?

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

- Are 65 and over (including those who will be 65 by 31 March 2023)
- 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 a severe infection due to a weakened immune system, such as someone living with HIV, someone who has had a transplant, or is having certain treatments for cancer, lupus or rheumatoid arthritis

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Have you thought about joining the
Beaconsfield Patient Group?

More details can be found on the





Firework code

Only adults should deal with setting up firework displays, the lighting of fireworks and the safe disposal of fireworks once they have been used (and remember, alcohol and fireworks don't mix!).

Children and young people should be supervised, and watch and enjoy fireworks at a safe distance.



Remember, Remember, the 5th of November.....

Firework safety

Despite annual safety warnings, firework celebrations still end in painful injuries for too many people, including very young children.

Yet fireworks can be great fun for families, not just around November 5 (Bonfire Night/Guy Fawkes Night), but also Diwali, New Year's Eve and Chinese New Year.

Injury figures support the advice that the safest place to enjoy fireworks is at a large public display - far fewer people are injured here than at smaller family or private parties.

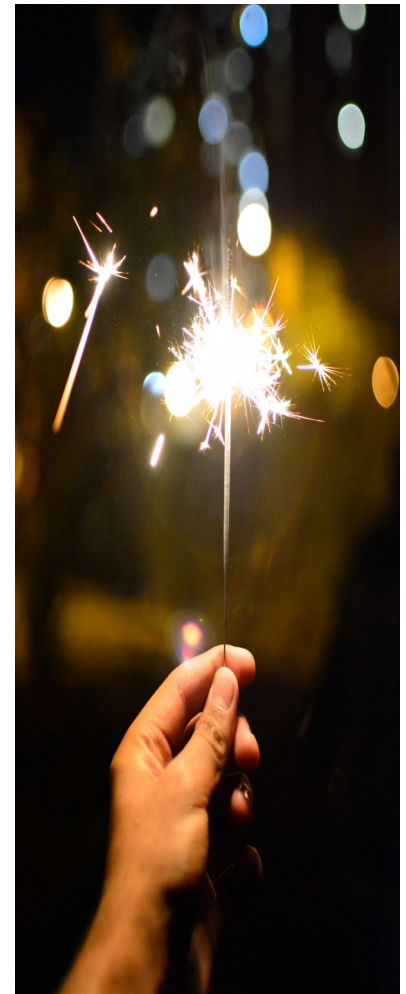
If you are having a firework party at home, you can make the occasion fun and safe for everyone by following the Firework Code, as well as some sparkler and bonfire safety tips.

Visit www.rospa.com/home-safety/advice/fireworks-safety for more information and advice.

SPARKLER SAFETY

Sparklers are often viewed as being harmless but they burn at fierce temperatures, equivalent to a welding torch. Follow these top tips for sparkler safety:

- * It is recommended that sparklers are not given to under-5s
- * Make sure everyone handling sparklers wears gloves
- * Hold sparklers at arm's length while being lit and light them one at a time
- * Don't wave sparklers about close to other people
- * Never hold a baby in your arms while you are holding a sparkler
- * When the sparkler has finished put it in a bucket of cold water.





Source : [Hastings.gov.uk](https://www.hastings.gov.uk)

Active Hastings Over 50's Aerobics

Wednesday
10am to 10.45am
The Y Centre
TN37 6RS
£2
Adult - Older people

Join Heidi for an aerobics class specifically designed for the over 50s,

email htambeh@hastings.gov.uk to sign up for the class.

Join the [Over 50s Aerobics Facebook group](#) for added motivation and to keep up to date.

Session provider details

Active Hastings
01424 451051
activehastings@hastings.gov.uk



Active Hastings Exercise for Parkinson's

- **Tuesday 1.30pm to 3pm**
Ore Community Centre
TN35 5BH
£3

People with long term health conditions

◆ **With Heather from Active Hastings**

A 90 minute session that consists of circuit based exercises and stretching/relaxation. All welcome.

Free parking.

Please register before attending using our

[online registration form.](#)

Session provider details

[Active Hastings](#)

Telephone 01424 451051

activehastings@hastings.gov.uk

See more of our [Active Hastings sessions](#)

Christmas and New Year Opening Hours

The surgery will be closed on the following dates:

- Monday 26th and Tuesday 27th of December
- Monday 2nd of January 2023

If you need urgent medical advice between the hours of 6.30 pm – 8 am weekdays, during weekends or on Bank Holidays – Please telephone 111.

NHS 111 can help if you have an urgent medical problem and you're not sure what to do. For children under 5 call 111.

For people aged 5 and over go to [111.nhs.uk](https://www.nhs.uk)

Improvements to Telephone System



We have been reviewing our telephone system and looking into ways to improve the patient experience.

As a result, a new system is now in place where patients have the option to either hold on in a queue as before, or leave their telephone number and receive a call back within a specified time.

We hope this will help to prevent long queuing times.

We would be grateful to hear any feedback about the new system.

Patient Participation Group

About our PPG

Who are we? We are a group of individuals, who are all patients at this surgery, and are interested in maintaining and improving the service we all receive.

Our purpose is to represent the patients, and work with the doctors and staff, to make sure your views are heard and your suggestions considered.

You can read about any issues that are brought to our attention on the surgery website, or on the surgery notice boards.

We need volunteers! If you would like to join the group, or find out more about what we do. See details on joining the group [here](#) or in the surgery.

Puzzle Time

Answers

In the last edition we had a crossword and a Sudoku - Here are the clues and answers

	M		S		E		G		I		W		
M	O	V	I	N	G	P	I	C	T	U	R	E	
	O		L		G		D		A		A		
A	T	T	A	C	H	E	D		L	O	P	S	
			G		E		Y		I		P		
F	U	N	E	R	A	L		A	C	R	I	D	
	N				D		A				N		
E	S	S	A	Y			S	P	L	U	R	G	E
	T		N		F		R		N				
G	R	O	T		R	A	I	N	F	A	L	L	
	U		H		A		O		A		O		
I	N	T	E	R	M	A	R	R	I	A	G	E	
	G		R		E		I		R		E		

Across

- 7 A film by another name (6,7)
- 8 Connected (8)
- 9 Cuts off (4)
- 10 Service post-mortem (7)
- 12 Bitter (5)
- 14 English exam finale, often (5)
- 16 Spending spree (7)
- 19 Nastiness (4)
- 20 Drops from above (8)
- 22 Mixed union ceremony (13)

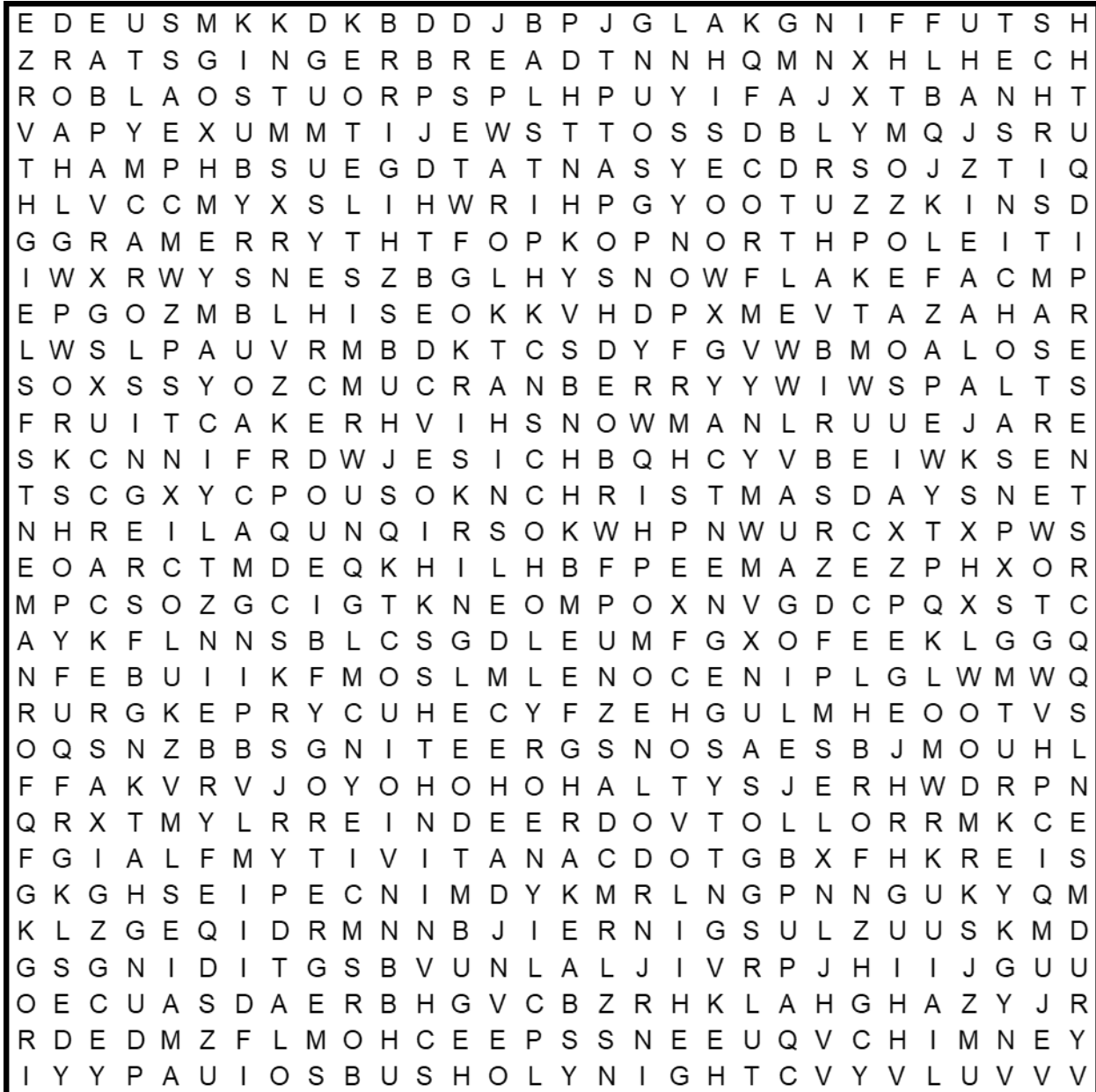
Down

- 1 Debatable (4)
- 2 Fodder or hay (6)
- 3 Brainiac (7)
- 4 Lightheaded (5)
- 5 Emphatic, in a way (6)
- 6 Swathe (8)
- 11 Pinochio perhaps? (8)
- 13 Deductive (1,6)
- 15 Flower (6)
- 17 Biased (6)
- 18 Body build (5)
- 21 Balcony section (4)

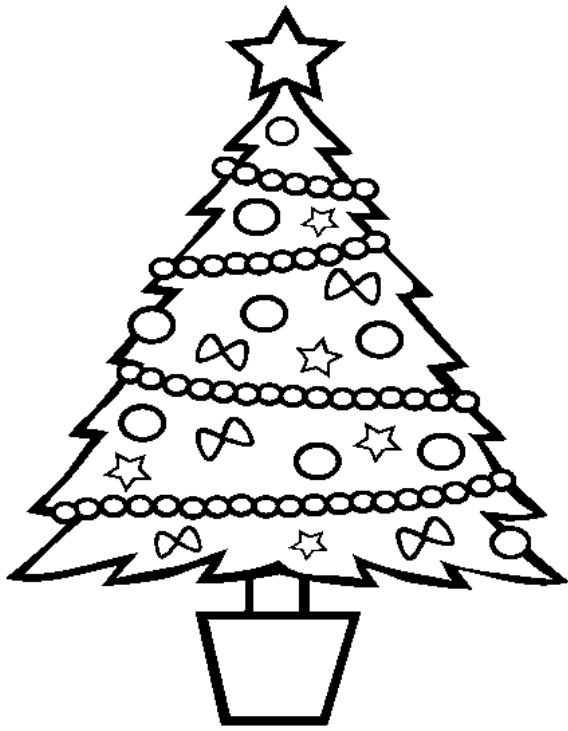
8	3	5	7	2	6	1	9	4
6	2	7	4	9	1	8	5	3
1	9	4	3	8	5	6	7	2
4	6	9	5	3	7	2	8	1
5	7	3	8	1	2	9	4	6
2	1	8	9	6	4	5	3	7
3	5	2	6	4	9	7	1	8
7	4	6	1	5	8	3	2	9
9	8	1	2	7	3	4	6	5

Puzzle Time - December

This month we have a mammoth 57-word festive word search for you to print out and complete.

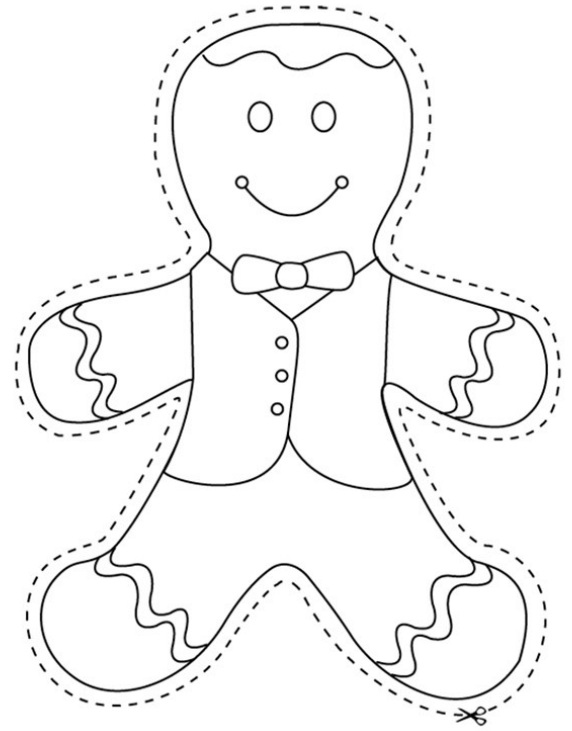
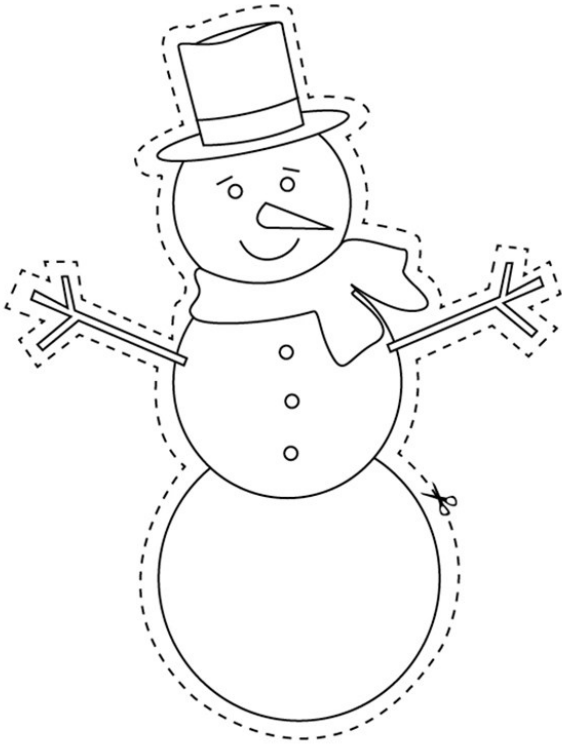


- | | | | | | | |
|----------------|--------------|--------------|------------|-------------------|-------------|----------|
| BREAD SAUCE | CRANBERRY | HO HO HO | MISTLETOE | PUDDING | SLEIGH | TIDINGS |
| CAROL SINGERS | ELF | HOLIDAY | MYRRH | QUEENS SPEECH | SNOWFLAKE | TINSEL |
| CARROTS | ELVES | HOLLY | NATIVITY | REINDEER | SNOWMAN | TURKEY |
| CHIMNEY | FAMILY | HOLY NIGHT | NORTH POLE | RUDOLPH | SPROUTS | WORKSHOP |
| CHRISTMAS DAY | FRANKINCENSE | JINGLE BELLS | ORNAMENTS | SANTA | ST NICHOLAS | WREATH |
| CHRISTMAS TREE | FRUITCAKE | JOY | PEAS | SCROOGE | STAR | YULETIDE |
| CRACKERS | GINGERBREAD | KRIS KRINGLE | PINECONE | SEASONS GREETINGS | STOCKING | |
| | GOLD | MERRY | POTATOES | SLED | STUFFING | |
| | GRAVY | MINCE PIES | PRESENTS | | SUEDE | |



Something for the children to print out and colour in





Something for the children to print out and colour in

Beaconsfield Group Practice - Tel: 01424 755355

Beaconsfield Road Surgery (Main site)

**21 Beaconsfield Road, Hastings, East
Sussex, TN34 3TW**

Open - By appointment only



**Beaconsfield Ore Surgery Site
(Satellite site)**

**21 Fairlight Road, Hastings, East Sussex,
TN35 5ED**

Open - By appointment only



The telephone number for both surgeries is 01424 755355

Find us on the internet at
<https://www.beaconsfieldroadsurgery.co.uk>



...and on Facebook - Go to
<https://www.facebook.com>
and search for Beaconsfield Road Surgery Hastings

DON'T FORGET—WE ARE CLOSED ON

- Monday 26th and Tuesday 27th of December 2022
- Monday 2nd of January 2023