

The Practice @ 188

WINTER NEWSLETTER



FLU VACCINATION

The flu vaccination is available on the NHS to help protect adults and children at risk of flu and its complications. Flu can be unpleasant, but if you are otherwise healthy it will usually clear up within a week.

However, flu can be more severe for those in an 'at risk' group, these include:

- adults over the age of 65
- pregnant women
- children and adults with an underlying health condition (such as long-term heart or respiratory disease)
- children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious complications of flu. It is therefore recommended for anyone who falls into these categories to have a flu vaccination every year.

The flu vaccination is routinely given on the NHS to:

- adults 65 and over
- people with certain medical conditions (including children in at-risk groups from 6 months of age)
- pregnant women
- children aged 2 or 3
- children in reception class and school years 1, 2, 3, 4 and 5

For children aged 2 to 17 who are eligible for the flu vaccine, it is given as a nasal spray.

Speak to your GP, practice nurse, or your local pharmacist for more information about the flu vaccination.

HOLIDAY OPENING HOURS

Our opening hours will vary over the Christmas period. Specific details of our holiday opening hours will be distributed shortly.

If you are in need of medical attention while the surgery is closed, please call 111 for advice. In a genuine medical emergency, call 999.

If you are on repeat medication, please make sure you leave enough time for your repeat medication request to be processed before the festive period. Note that this usually takes 2 full working days.

KEEP IT OR CANCEL IT

More than twelve million GP appointments are missed each year in the UK, costing the NHS over £162 million every year. This is when appointments have been booked for patients who have then not attended or cancelled their appointments.

Missed appointments, known as Did Not Attends (DNAs) cause serious delays in treatment for other patients. It also wastes doctors' and nurses' time too, which costs taxpayers money.

Please help us to lower the amount of missed appointments every year by taking the following steps:

- Ensure that the contact details we hold for you are correct so that we can send you text message reminders for your appointments
- Sign up to the free online services, where you can book and cancel appointments, as well as being able to order repeat prescriptions and view your care record
- Ensure that you have the correct date and time of your appointment
- Make sure that you cancel any appointments you no longer need as soon as you can
- Do not be afraid to call us to confirm your appointment details

Missed appointments cause unnecessary strain on NHS resources and result in severe delays in treatment for other patients, so please take the above steps and ensure that you cancel any appointment which you no longer need.

NEWSLETTER VIA EMAIL

If you wish to receive future editions of our practice newsletter by email please leave your details at reception or sign up on our website.

THE SURGERY WEBSITE

Have you accessed the surgery website yet? If not please visit this link:

www.thepracticeat188.nhs.uk

On our website, you can read up to date information about the surgery and the new initiatives that have been introduced recently including booking appointments and ordering repeat prescriptions online.

FINALLY, WE ARE STILL ACTIVELY SEEKING NEW MEMBERS TO JOIN OUR PATIENT SUPPORT GROUP, PARTICULARLY YOUNGER PATIENTS AND MALE PATIENTS SO AS TO HAVE A MORE REPRESENTATIVE CROSS SECTION OF THE SURGERY. IF YOU ARE INTERESTED IN GETTING INVOLVED, PLEASE CONTACT THE SURGERY AND LEAVE US YOUR DETAILS.

If you have any queries regarding this newsletter, or future editions of our newsletter, please do not hesitate to contact us.

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