

NEWSLETTER



Flu Clinics and Seasonal Vaccinations

Influenza Vaccine

Thank you to the 1,440 patients at this year's flu clinics. For eligible patients still wishing to have the vaccine, it is not too late so please book an appointment with the Nurse.

Alongside the influenza vaccination we also offer Pneumococcal, Shingles and Fluenz vaccinations.

Nasal Spray Vaccine (Fluenz)

The following age groups are entitled to the nasal flu:

- Children aged two, three and four on August 31 2016 – that is, children born between September 1 2011 and August 31 2014
- Children in school years one, two and three
- Children aged 2 to 17 with long-term health conditions (*at the discretion of the GPs*)

Pneumococcal Vaccine

Some people are at higher risk of serious illness and can be given the pneumococcal vaccination on the NHS. These include:

- Babies
- Adults aged 65 or over
- Children and adults with certain long-term health conditions, such as a serious heart or kidney condition

Shingles Vaccine

It is not always possible to prevent shingles, but a vaccine called Zostavax can reduce your chances of developing the condition. If you still develop shingles after having this vaccine, it may be milder and last for a shorter time than usual. This vaccine is now routinely offered to people aged 70 and 78. We will be inviting those eligible for these vaccinations very soon

Did Not Attend (DNAs)

It is important that patients inform the practice if they are unable to attend their appointment.

The DNA figures for the last 3 months are:

- August - 116
- September - 138
- October - 149

This is a grand total of 403 missed appointments. If 50% of those patients would have informed the practice that they could not attend, there would have been 200 appointments free to for patients to book.

As always, a big 'thank you' to those patients that do let us know.

Carers

If you are a Carer who helps and supports someone who cannot manage on their own, the practice would like to ensure you are receiving all the support you need.

We have been working closely with Carer's Gloucestershire, a countywide organisation providing relevant information and advice, local support services and telephone help for carers. With your permission, we can refer you to Carers Gloucestershire to discuss your role as a Carer and what help you may need.

Free NHS Health Checks

As we get older, we have a higher risk of developing conditions like high blood pressure, heart disease or Type 2 diabetes. Your free NHS Health Check can spot early signs and help prevent these happening to you, which means you'll be more likely to enjoy life longer.

If you're in the 40-74 age group without a pre-existing condition or taking regular medication, you can expect to receive a letter from the surgery inviting you for a free NHS Health Check. Don't worry if you haven't got your invitation yet, as you will be invited for one over the next few years

Staff Changes

At the end of September we said goodbye to Nicky, one of the practice nurses. We all wish her well for the future. We are currently recruiting for a practice nurse(s) with special interests in Diabetes and Respiratory disease.

In October, we welcomed Natasha Newman to the practice. As Deputy Manager, Natasha will manage the reception team whilst supporting the partners and the practice manager in the day-to-day running of the practice.

Staff Training Days

The practice will be closed from 1-3pm for staff training on the following dates:

22 nd November 2016
20 th December 2016
24 th January 2017
28 th February 2017

Repeat Medication Requests

Repeat prescription requests can take up to 48 hours to process. Please ensure you have enough medication during the holiday period, if you require repeat medication during this time please give the practice enough notice to ensure your prescription is ready.

If you are taking regular, repeat medication, it is also possible for you to request your prescription from a secure website on the internet via [SystemOne Online](#). To register for this service you will need to contact the surgery and ask the reception staff for a print-out of your access codes and registration instructions. Once you have these you can then visit the website to create your account.

(Please note you will be asked for some form of ID, i.e. photographic passport or driving licence, before issuing you with your registration details)

Final note from the Practice Manager

If you have any suggestions, concerns or questions, please ask to speak with me. If I am available, I am more than happy to go through things with you.

~ Sarah (Bryant)

light breeze 🍂
colorful leaves 🍁
bare trees 🌳
it must be Autumn