# Flu vaccinations – Starting end of September

Flu vaccination is available every year 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 on its own within a week.

However, flu can be more severe in certain people, such as:

 - anyone aged 65 and over

 - pregnant women

 - children and adults with an underlying health condition (particularly

 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, such as pneumonia (a lung infection), so it's recommended that they have a flu vaccine every year to protect them.

The injected flu vaccine is offered free on the NHS annually to:

 - adults over the age of 18 at risk of flu (including everyone aged 65 and

 over)

 - pregnant women

 - children aged six months to two years at risk of flu

An annual flu nasal spray is offered to:

- children aged 2 and 3 plus children in reception class and school years 1,2,3 and 4

- children aged 2-17 years at risk of flu

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# Welcome!

We want to introduce you to our newsletter where you can find out what’s happening in your practice, health campaigns and patient participation information.

If you have any recommendations or comments with regards to this newsletter please let us know, we value your opinion (as only our 2nd issue we really do!)

Enjoy your read

Vicky Bromage & Victoria Burchett (Management Team)

Practice Newsletter

Flu vaccines available soon …

issue 2 – August 2018



01.08.2017

Hi all, as you are aware we here at Jhoots pharmacy are located in your very own doctor’s surgery. This pharmacy is not only convenient for you all but we also provide services beneficial to you. These include, repeat dispensing whereby you can order regular mediation from us and it is ready for you to collect after a couple of days, you can also sign up with us and make us your nominated pharmacy so your prescriptions come to us electronically, there is also a free delivery as well as collection service, we provide advice for minor ailments and free waste disposal of unwanted medication.

All the pharmacy staff here take great pride in what we do and aim to deliver our best at all times. We are here for any help and advice you may require and are more than happy to assist!

Thanks,

Mani. - Pharmacist

**Jhoots Pharmacy – Introduction to your pharmacy**

**We will no longer offer this service at the practice from 01.09.2017 due to changes within our NHS / GMS contract.**

**There are alternative services available to you, should you require this information please speak to a member of our practice team.**

**We apologise in advance for any inconvenience caused by the suspension of this service.**

Do we have your correct address and phone number?

Please make sure that your details are correct with our reception team

# Ear syringing service

**Are you registered for online access?**

Did you know that you can book appointments, order repeat medication and view your medical records online?

If you would like to register for this service please visit our website [www.acocksgreenmedicalcentre.org.uk](http://www.acocksgreenmedicalcentre.org.uk) or ask a member of staff.

# Patient Online Access

If you would like this newsletter in an alternative format, for example LARGE PRINT or easy read or if you need help communicating with us, for example, you use British Sign Language please let us know.

**If you're planning to travel outside the UK, you may need to be vaccinated against some of the serious diseases found in other parts of the world.**

**You should get advice at least eight weeks before you're due to travel, as some jabs need to be given well in advance.**

First, phone or visit your GP or practice nurse to find out whether your existing UK jabs are up-to-date. Your GP or practice nurse may also be able to give you general advice about travel vaccinations and travel health, such as protecting yourself from malaria.

Your GP or practice nurse can give you a booster of your UK jabs if you need one. They may be able to give you the travel jabs you need, either free on the NHS or for a charge.

Alternatively if your practice is unable to assist, you can visit a local private travel vaccination clinic for your UK boosters and other travel jabs.

Not all vaccinations are available free on the NHS, even if they're recommended for travel to a certain area.

**UPDATE – CURRENTLY WE ARE UNABLE TO PROVIDE HEPATITIS A VACCINES DUE TO UNAVAILABLE STOCK FROM ALL SUPPLIERS**

**Patent Participation Group**

We would like to encourage all of our patients to join our patient group. We hold regular meetings at the practice to discuss topics of education and to gain your valued feedback to make positive improvements to the practice. We also have members who we contact via e-mail and share information and upcoming events.

If you would like to become a member please speak to either our chairperson, Anita Sabharwal who can be contacted from the practice or Vicky Bromage, Business Manager

# Travel Advice and vaccinations

Bank Holiday Closed Aug 28th

Closed for Staff Training from 1pm Aug 31st

Flu clinic starts Sept 25th

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# Upcoming Events