

# Hampton Surgery Summer 2013

## FLU CLINIC

**THURSDAY 3<sup>rd</sup> October 2013 (3-7pm)**

**Those eligible for a seasonal influenza vaccines are:**

- All those aged 65 & over
- All those aged 6 months & over and in one of the clinical groups listed below

**At risk clinical groups:**

- Chronic respiratory disease including asthma
- Chronic heart disease
- Chronic renal failure
- Heart failure
- Immunosuppression
- Diabetes
- Chronic liver disease
- Pregnant Woman
- Some neurological conditions
- Those in receipt of a carers allowance
- Those in long-stay residential care homes

Appointments will be available for booking after 5<sup>th</sup> September 2013 so please call the surgery on 01675 442510 after 11am to book your place at the flu clinic

### Pneumococcal Vaccination

In addition to the flu vaccine we also offer the opportunity to be vaccinated against one of the types of pneumonia which may affect people as they get older. The Chief Medical Officer recommends anyone over 65 years of age should have this vaccine. Unlike the yearly seasonal flu vaccine, the pneumococcal vaccine usually needs only one vaccination. It can be given at the same time as the flu vaccine so if you think you are eligible please mention this when booking your seasonal flu vaccine.



**when it's less  
urgent than 999**

NHS 111 is the new service that has been introduced to make it easier for you to access local NHS healthcare services. You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is a fast and easy way to get the right help, whatever the time.

A&E services come under enormous pressure daily from patients that could have sought treatment elsewhere – CHOOSING WELL means you will get the most appropriate treatment when you need it.

This means using the NHS 111 when you need medical help but are unsure where to access. NHS 111 will be able to direct you to the most appropriate care depending on your needs; this could be your local out of hour's service, pharmacist or other appropriate services.

**Please remember that the practice is open from Monday to Friday 8.30am till 1pm, 2.30pm till 6pm and from 8.30am till 1pm on a Thursday and you can call and speak to a doctor during these times**

**The Village Transport Scheme**, run by volunteer drivers is there to assist villagers who need help to get to Hospital, Dental, Opticians or GP appointments. It is not for taking people to the shops or hairdressers.

Contact: Frances Linn Tel: 01675 442124 or Judy Fish Tel: 01675 442582.

Alternatively you can contact the hospital direct to see if they can provide transport for your appointment. They usually need more than 48 hours notice.

The Government announced earlier this year that it is planning to give a flu vaccination to every two & three year old beginning this autumn, with a national roll-out for all school children to follow in 2014. The vaccine will be delivered using a nasal spray rather than an injection. Hampton Surgery will run a special clinic during October and will contact the parent's of all eligible children nearer the time.

**IF YOU OR SOMEONE YOU KNOW NEED THIS NEWSLETTER TO BE MADE  
AVAILABLE IN A BIGGER PRINT PLEASE CONTACT THE SURGERY ON  
01675 442510.**

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The elderly population is projected to increase significantly over the next 10 years, the increase being proportionately more in the over 85s. As large numbers of older people suffer from long term conditions they will have high levels of need for health & social care. These numbers are expected to grow by up to one third by 2025. The numbers of people requiring care in residential and nursing homes will increase dramatically over this time, Dementia will become an increasing burden, with 20% of the 80+ age group likely to be affected. We hope the following will be of help.

**Age UK** aims to improve later life for everyone through our information and advice, services, campaigns, products, training and research. They can be contacted on [ageuk.org.uk](http://ageuk.org.uk) or on 0800 169 6565.

The George Fentham Trust provide up to 2 weeks respite for residents of Hampton –in-Arden at The Lady Katherine Leveson Care Home in Temple Balsall. This includes patients requiring post operative care, patients having trouble coping at home or recovering from any recent illness. Please contact the Fentham Trust for more information on 01675 443850

There is lots of help and support for patients who are suffering with long term conditions and also for their carers. A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

Have you been in touch with the Carers Trust – they work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. With our Network Partners, we aim to ensure that information, advice and practical support are available to all carers across the UK. They can be contacted at [www.carers.org](http://www.carers.org) or on 0844 800 4361. The practice also would like to know if you are Carer – so please tell us! We can help you!

**Dementia UK** is a national charity, committed to improving quality of life for all people affected by dementia. The charity can help in two specific areas:

Admiral Nurses are specialist mental health nurses who work within the National Health Service and are supported by Dementia UK. Admiral Nurses provide practical and emotional support to family carers of people with dementia.

Admiral Nursing DIRECT is a telephone and email helpline, provided by experienced Admiral Nurses. Call 0845 257 9406 or email [direct@dementiauk.org](mailto:direct@dementiauk.org)

You can also contact Dementia UK by calling 020 7874 7200 or looking at their website for more information: [www.dementia.org](http://www.dementia.org)

**Alzheimer's Society** is the leading support and research charity for people with dementia, their families and Carers. Alzheimer's Society is a membership organisation which works to improve the quality of life of people affected by dementia in England, Wales and Northern Ireland. Many of our 20,000 members have personal experience of dementia, as carers, health professionals or people with dementia themselves, and their experiences help to inform our work. They can be contacted on 020 7423 3500 or look at their website for more information: [Alzheimers.org.uk](http://Alzheimers.org.uk)

At the beginning of August practice will migrate to a new computer system and this may mean a delay in the time it takes the practice staff to deal with your query, request or consultation. This may also mean that at times not all of our online services will be available. We would ask for your patience with the practice staff during this period of change and thank you for your co-operation.

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