

Hampton Surgery Summer 2015

FLU CLINIC - THURSDAY 8th October 2015

Those eligible for 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 carer's allowance
Those in long-stay residential care homes	

Appointments will be available for booking after 3rd September 2015 so please call the surgery on 01675 442510 after 11 am to book your place at the flu clinic. If you attend the luncheon club at Fentham Hall please do not book an appointment as we will be attending the lunch on Wednesday 8th October 2015 and will vaccinate any patients that wish it.

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 only needs to be administered once. 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 vaccination.

Other Vaccines available this Autumn:

Children's Influenza:

Under the childhood seasonal vaccination programme we will be offering the vaccination to all children aged 2, 3 and 4 on 1st September 2015. (The Practice will write to the patients who fall within the cohort for the vaccination to inform them of the special clinics we will be running). Children who are in Years 1 & 2 will be vaccinated within the schools programme.



Shingles programme:

We will be offering the Shingles vaccine to certain age groups of patient. The practice will contact those patients that are eligible.

Teenage Vaccinations

Between the age of 13-18 patients are advised to receive the 3-in-1 teenage booster (which protects against tetanus, diphtheria & polio) and the Men ACWY (protects against Meningitis). The practice can offer this to patients who are not given the opportunity to have these vaccines in school. Please book an appointment with one of the practice nurses if you wish to receive these vaccinations.

Catch up programme for University Students:

A Men ACWY vaccine is available to first time university entrants in autumn 2015 who are aged 17 to 25 at any time from 1st April 2015 to 31st March 2016. Eligible patients will need to book an appointment with one of the practice nurses.



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

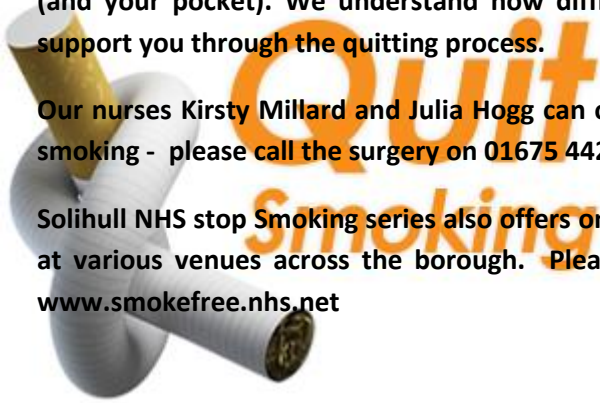
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Cigarette smoking is the biggest cause of premature death and preventable disease in the UK. It's also bad for the health of others around you, and if you are pregnant can damage the health of your unborn baby.

The good news is it's never too late to stop. Stopping smoking now will greatly benefit your health (and your pocket). We understand how difficult this can be and we can be here to help and support you through the quitting process.

Our nurses Kirsty Millard and Julia Hogg can offer you assistance and support if you wish to stop smoking - please call the surgery on 01675 442510 to book an appointment with one of them.

Solihull NHS stop Smoking series also offers one-to-one support for smokers at to give up smoking at various venues across the borough. Please call 0800 015 8512 or get more information at www.smokefree.nhs.net



Following its success in securing funding from the Government's Primary Care Infrastructure Fund, the practice has submitted its plans for extending the waiting area, improving reception and the building entrance to Solihull MBC for planning approval. We are hoping to hear shortly that planning has been approved so that building work can commence in the Autumn.

For more information please see the display in the practice reception area for more details.



August sees our Foundation Doctor and some of our present GP Registrars move onto their next rotation or having passed all their GP requirements out in to the big wide world to become GP's , so THANK YOU to Drs Ahmed, Scott, Abdi & Gandhi for the all their hard work while they have been with the surgery. Dr Jabbar, Dr Ahluwalia & Dr Renton will be moving here for various lengths of placement during 2015/16 and we hope you will join with us to give them a warm welcome.

You can now book appointments, access parts of your medical record & order repeat prescriptions online. If you wish to register for this service then please ask at reception for a registration form or visit the practice website to download a form.

www.hamptonsurgery.co.uk

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