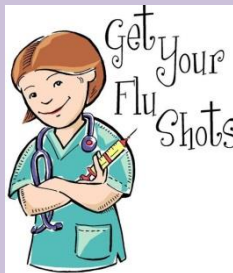


FLU CLINIC - THURSDAY 29th September 2016

Those eligible for seasonal influenza vaccines are: All those aged 65 & over and 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 5th September 2016** 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 21st September 2016 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 vaccine programme we will be offering the vaccination to all those aged 2,3, and 4 on the 1st September 2016 and will contact those within this cohort advising them of the clinic dates we will be running when the vaccine becomes available.

Meningitis ACWY - if you are aged 18 years on 31 August 2016 or were aged 18 years on 31 August 2015, you are eligible to receive the Men ACWY vaccination. In addition to this group, if you are aged 25 years or under and starting university for the first time and have never received the Men ACWY vaccine, you should get the Men ACWY vaccination before you start university. Please contact the surgery to book an appointment by calling 01675 442510.

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 Khan and Low, for all their hard work while they have been with the surgery. Dr Yasin Al-Shammary & Dr Katherine Keaney will be moving here for various lengths of placement during 2016/17 and we hope you will join with us to give them a warm welcome.

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

Hampton Surgery August 2016



40% of GP appointments and 75% of hospital emergency attendances are for minor ailments which could be treated at home with self-care. The practice has joined the local commissioning group's campaign to empower patients to treat common conditions and minor ailments in a timely manner by visiting your pharmacist and purchasing over the counter medication rather than issuing a prescription.

Self-care for common conditions and minor ailments will also mean that your GP has more time and it will be easier to get an appointment with them when you have a more serious or complex condition.

You may not need a prescription from your GP for coughs and colds - muscular pain - sprains and strains - sore throat – teething - hayfever and allergies – colic - sleep problems - skin rashes - travel sickness - heartburn and indigestion – threadworm - upset stomach - head lice – diarrhoea - scabies – constipation - athlete's foot - cold sores – haemorrhoids - fungal skin and nail infections – ringworm - aches and pains – toothache – conjunctivitis - headache and migraine – eczema. Please do not be offended if you are asked to buy medicines for these ailments over the counter.

More information can be found on the practice website www.hamptonsurgery.co.uk or the local commissioning group website <http://solihullccg.nhs.uk/yourhealth/self-care>



The Accessible Information Standard has been introduced to tell organisations how they should make sure patients receive information in formats that they can understand and receive appropriate support to help them to communicate. To ensure that the practice meets this standard we are trying to identify those patients we aren't already aware of that may need us to communicate with them in a different way so if you or anyone that you care for would like information they receive from us in an alternative format, for example large print or need help with communicating with us please let us know by calling 01675 442510 or emailing hampton.surgery1@nhs.net.

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