

Hampton Surgery Summer 2015

SEASONAL INFLUENZA VACCINES ARE AVAILABLE AT THE SURGERY:

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

If you've not had your vaccine yet then please call the surgery on 01675 442510 after 11 am to book an appointment with one of the practice nurses.

Children's intranasal influenza vaccines are now available at the surgery for a short period of time. If your child was aged 2,3 or 4 on 31st August 2015 or is aged up to 17 and is on one of the high risk groups detailed in the opposite box then please contact the surgery on 01675 442510 to book an appointment for them to have their vaccination.

Many thanks to everyone who helped out in providing refreshments at the Flu Clinic over at the Fentham Hall on 8th October. The feedback from the afternoon has been extremely positive and we managed to vaccinate almost 250 patients! We hope to be able to repeat the afternoon next year.

Spotlight on PPG member - John Doidge

John was a Director at Leicester University (and formerly Aston) until taking semi-retirement some 7 years ago. He is still active as a consultant in higher education but on a very part time basis. John is a Fellow of the Higher Education Academy and a Fellow of the Institute for Leadership and Management.



Since retiring, John has become active in the village as a Parish Councillor and is Vice-Chair (designate) of The Hampton Society, of which he is a member of the Conservation Group which looks after the spinney and surrounding area. John was instrumental in raising funds for the under-7s play area and the outdoor fitness equipment.

John joined the PPG partly because his work has included supporting quality improvement and the development of people and processes in the public and health services, but he is passionate about protecting and improving all that is best in a free, accessible health service.

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

Cancer Rehabilitation Exercise Scheme

A 12 week programme of specialist exercise classes that provide a safe and effective opportunity for cancer survivors to get back into and benefit from physical activity.

Regular physical activity will help you:

- Improve physical abilities and strength.
- Make day to day activities easier.
- Improve health and wellbeing.
- Reduce symptoms of fatigue.
- Maintain independence.
- Improve quality of life.
- Reduce the negative impact of some cancer related side effects.
- Enhance social interaction, meet new people with similar experiences and make new friends



You must be referred by a health professional to join this scheme and bring a completed referral form with you to your first class. Classes will cost £1.55 per session. For more information please ask at the surgery or have a look at the Solihull Active Website www.solihullactive.co.uk

The practice is waiting for the final sign off from NHS England to enable us to commence the building extension work. We should hopefully have confirmation in the next few weeks enabling work to commence during November. The work will create a dedicated room for the Fentham Trust Community Support Worker and vastly improve access to the surgery entrance and waiting room. For more information please see the plans on the wall in the surgery waiting room.



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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