

FLU CLINICS 2017

Are you over 65?

Do you have diabetes, heart disease, COPD, Coeliac disease or immunity problems?

Are you pregnant or a child aged between 2 and 4 years old?

(Children at school from reception to year 2 will have the vaccine at school)

Or have you had a stroke? Or are you a carer? If so you should have a flu vaccine

The 2017 Flu Clinics will be held on:

Thursday 5th October

Tuesday 10th October (late appointments available)

Thursday 19th October

Saturday 21st October-**ADULTS CLINIC**

Tuesday 24th October (late appointments available)

Saturday 28th October-**CHILDRENS CLINIC**

Tuesday 31st October

Please telephone on 444666 or visit the surgery to make an appointment in the 'flu clinic. The clinics are by appointment only and are filling up very quickly this year so please book your appointment as soon as possible.

If you are over 65 and have never had a pneumonia vaccine you should have a pneumonia vaccination. Please tell reception when you book the appointment and the nurses can give you this during your 'flu appointment.

You are eligible for the shingles vaccine if you are aged 70 or 78 years old.

In addition, anyone who was eligible for immunisation in the previous three years of the programme but missed out on their shingles vaccination remains eligible until their 80th birthday. This includes:

- people in their 70s who were born after 1 September 1942 and people aged 79 years

The shingles vaccine is not available on the NHS to anyone aged 80 and over because it seems to be less effective in this age group.

You should not have the shingles vaccine if you:

- have a weakened immune system (for example, because of cancer treatment, if you take steroid tablets or if you've had an organ transplant – your doctor will advise whether this applies to you)
- you've had a serious allergic reaction (including an anaphylactic reaction) to a previous dose of any of the substances in the vaccine, such as neomycin and gelatin – again, your GP can advise you if this applies to you
- you've had a serious allergic reaction (including an anaphylactic reaction) to a previous dose of the chickenpox vaccine
- have an untreated TB infection

Most patients who are eligible for either the flu or shingles vaccine will receive a letter from the

Appointments

Somerset is currently running a pilot which looks at changing the opening hours of some surgeries.

We have decided to participate in this pilot, along with our colleagues in all other local practices. This has not been an easy decision and we have discussed this with our patient group.

From 1 June 2017 to 31 March 2018 we will be moving some of our GP, Nurse and HCA appointments so that appointments are available on Tuesday and Wednesday evenings and on one in four Saturday mornings.

Reception will be offering these appointments in the usual way and we ask that you use them in the usual way – for example seeing your own GP for routine appointments. This provides the best care possible as your GP knows you, your life and your medical history the best.

For now, due to information and governance issues, we will be offering these appointments to our own patients only. In due course this may change and patients registered with local practices may be able to visit other practices for appointments. There are challenges with this as we think your continuity of care is important and where possible it is best if you see your own GP and practice. So, as we develop this service we will be looking to protect the quality of care you receive.



Funded Childcare

From September 2017 working parents of 3 and 4 year olds can claim for up to 30 hours a week of funded childcare. Parents can check their eligibility now at the government's website www.childcarechoices.gov.uk and if eligible can submit an online application.

Reception: 444666

Prescriptions: 446006

www.eastquaymedicalcentre.com

Onsite Opticians : 440440 Onsite Pharmacy: 423015 Onsite Dentist: 411141

Do you need local, private, health treatments?

At East Quay Health we provide a range of private treatments at affordable prices, to include vasectomy and the removal of lumps and bumps

We provide full pre and post-operative information so you know exactly what to expect

We also offer Private Counselling at East Quay

For more details please contact Karen on 01278 440409 or look at our website

www.eastquayhealth.co.uk

Sedgemoor Health Walks

A Health walk is a brisk walk done on a regular basis for well-being. It can help you to feel good, to have more energy, to sleep better and to manage your weight.

All walks are free of charge.

We are starting a walk from here once or twice a month. If you are interested in joining us please come along at **12noon on Thursday 17th August meeting in reception.**

If you need more information please ask for Sue Hughes at reception