



East Quay Medical Centre – Flu clinics 2021

This year's Flu vaccination protocol:

- All flu clinic appointments will be held on a Saturday for any patients who are eligible for a flu vaccine who are over 50 or under 50 who are at risk. If you qualify, letters are being sent out in the post inviting you to book an appointment. If you think you may be eligible but haven't received a letter please contact reception and we can have a look for you.
- If you attend the surgery for anything else in the autumn, the Doctor or Nurse will give you your vaccine then to avoid you coming in just for the vaccine.
- To book, you need to phone a new flu booking line – **01278 228 229**.
This is open every week day Monday, Tuesday, Wednesday, Thursday and Friday 10:30-3:30pm.
- When you call to book, all the people eligible to receive a flu vaccination this year would have received a coloured letter in the post, please state the colour of your letter and state your EMIS number – at the top of the letter.
- When you call to book, if you think you need a pneumonia vaccine (usually you have this the year you turn 65), or a shingles vaccine (you usually have this the year you turn 70), please tell them then.

Saturday 2nd October – Childrens flu clinic

Saturday 9th October

Saturday 16th October

Saturday 23rd October

Saturday 30th October

Saturday 6th November

Saturday 13th November

More dates maybe added at a later date

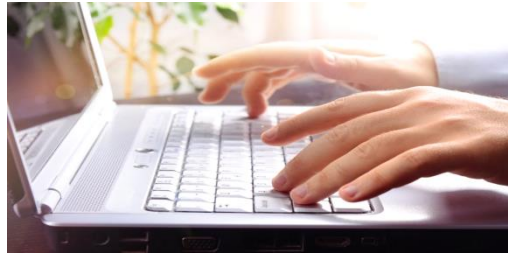
COVID Passports

Concerns have been raised about patients' middle names not being displayed on the NHS App or NHS COVID Pass as they are on passports, and possible implications for travel abroad.

We have been advised that not having middle names in the NHS COVID Pass should not affect travel abroad. Carriers are taking a pragmatic approach to there being differing names in vaccine certificates and passports.

In other areas where there is the potential for information on the NHS App to be different from that on passports, such as the use of maiden names, the government recognises that people may choose to use married and maiden names interchangeably across different services, however it is standard practice for people to be asked to book tickets for international travel in the same name that is on their passports.

East Quay Medical Centre online access for repeat prescriptions and test results



We have developed a new way for our patients to order their repeat prescriptions and/or view aspects of their medical record online (allergies, medications and now test results).

We would like you to consider setting up an account as many of our patients find it a much easier and more convenient way to order prescriptions and get test results.

For online ordering, this new method uses a different host server and also links directly in to your repeat medication list and so also has a number of advantages:

- It avoids having to type in the medication name
- If you have 2 doses of the same medication it avoids the risk that the wrong one is ordered
- It reduces the likelihood of the order being delayed
- It doesn't rely on 'Flash' and thus users of non-windows devices can use it (such as i-pads)

For test results it means you can get your test results and your GPs comments on these, without having to call reception.

As the new service does link to your medication record it is important that we ensure access is secure. Therefore you need to register with the service and set up your personal log in and password. This is a simple process and only needs to be done once.

If you have requested for online prescriptions:

Your repeat medication list will be displayed and you tick the ones you require and click the order button. Ensure you type the location you want to collect your medication from in the box at the bottom. The order then gets transmitted securely to our prescription desk and is processed as normal.

If you wish to sign up for this easy, stress free service, please call reception on 01278 444666 and they will arrange for this to be set up to your record.

Reception will send out in the post all the relevant information to support you in doing this.

Here is a selection of activities and information available for you and your families:

Knit and Knatter



Come along and enjoy a good knatter whilst knitting and crocheting.

Tuesday's and Thursday's 10-12noon

At Victoria park community centre

Please cont Margaret Major on 01278 421 448



somerset **village & community agents**
part of CCS

Do you know your local Village Agent?



A Village Agent offers free, confidential, practical support for you and community groups

COVID-19: CCS Agents are working in your community!

- They are available via email or phone
 - Are a key point of contact in your community
 - Can help if you don't know who to turn to
- Book a call back - scan the QR code with your phone camera & complete the online form or via:



01823 331 222

www.somersetagents.org/agent-call-back

info@somersetcc.org.uk



WE'RE BACK! BOOK NOW!

Talking Cafe

Multi agency information cafe providing free advice and support.

- Providing a place for you to access help, advice & support in an informal, relaxed environment.
- The talking cafes will be multi agency once all restrictions are lifted, until that time it is attendance via appointment only
- Your appointment will be with your local Village Agent - from health to finance we are here for you!

Bridgwater

11am - 1pm

Every Thursday

The Hub @ Angel Place

TO BOOK: Call 01823 331222 or via form online
www.somersetagents.org/agent-call-back/



CCS
people - place - enterprise



COMMUNITY FUND
Somerset West and Taunton



Health Visitors

Healthy Mums

Free healthy lifestyle support for pregnant women and new mums in Somerset



Our autumn term online and physical courses are now ready to book



"I hope lots of other people get the opportunity to do these sessions, they are fantastic"



Head to our [webpage](http://www.sasp.co.uk/staying-active-as-a-pregnant-wom) for more info and to book your place

www.sasp.co.uk/staying-active-as-a-pregnant-wom



Contact e: twood@sasp.co.uk t: 01823 653990



GWC GYM CLASS TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Vibe Cycle 8.00 - 8.45	Body Tone 8.30 - 9.15	Cardio Burst 8.00 - 8.30	Vibe Cycle 8.30 - 9.15	HIIT 8.00 - 8.30	HIIT 8.00 - 8.30
Bodyblitz 9.00 - 9.45	Dance Fit 9.30 - 10.15	Kettlercise 9.30 - 10.15	Boxercise* 9.30 - 10.15	Bodyblitz 9.00 - 9.45	Circuits 9.00 - 9.45
Mature Movers 10.15 - 11.00				Mature Movers 10.15 - 11.00	Body Tone 10.15 - 11.00
Core & Stretch 12.30 - 1.00	Cardio Burst 12.30 - 1.00		Dance 4 All 12.30 - 1.15		
Functional Circuits 4.00 - 4.45			Badminton 2.30 - 4.30	Functional Circuits 4.00 - 4.45	
		Core & Stretch 5.30 - 6.00	Circuits 5.30 - 6.00	HIIT 5.30 - 6.00	
Ab Attack 6.00 - 6.30	HIIT 6.00 - 6.30	Dance 4 All 6.30 - 7.15	Bootcamp 6.15 - 6.45		
HIIT 7.00 - 7.30	Kettlercise 7.00 - 7.45		Beginners Dance 7.00 - 7.45		

YMCA
DULVERTON GROUP

0333 200 1616 | www.ymca-dg.org | fitness@ymca-dg.org

*Boxing gloves and pads not provided. Visors, boxing gloves and pads to be brought and worn whilst participating.

GWC GYM CLASSES

Vibe Cycle

Up beat motivating music to burn calories and create a fun workout, this is a great way to get fit - Don't just ride, feel the vibe!

BodyTone

A total body workout combining slower strength exercises with energy moves to create a leaner body.

Circuits

Combining functional exercises to strengthen the body, and high-energy exercises to burn calories in a fun way.

Mature Movers

A blended range of varied exercises, which help maintain muscle strength, mobility and balance.

Ab Attack

30 mins of varied mat exercises to aid strengthen your core and increase your abdominal muscle tone.

HIIT

High Intensity Interval Training, a 30-minute workout to help burn calories and improve fitness levels.

Core & Stretch

Concentrating on the core muscles to help strengthen and improve, combined with relaxing stretches for increased mobility.

Boxercise

A combination of boxing moves to train for fitness, increase stamina and agility. Wearing boxing gloves and using pads (bring your own if possible) this is a great way to burn calories and relieve stress. This training is non-competitive.

Kettlercise

Using a kettle Bell, this is the single, most effective fat burning workout. Designed to shape and sculpt the body, it also improves core strength.

Cardio Burst

Combinations of short burst hi-intensity cardio exercises to burn calories in a short space of time.

Dance 4 All

A fun way to exercise and brush up on your previous expertise or learn a new variety of dance including jazz, contemporary, ballet and more.

Beginners Dance

Improve your health and self-confidence while learning basic technique for modern, ballet and contemporary.

DanceFit

Dance based exercise class to music for all ages. Benefits - improved stamina, posture and flexibility.

0333 200 1616

fitness@ymca-dg.org

Seasonal affective disorder (SAD)



Seasonal affective disorder (SAD) is a type of depression that comes and goes in a seasonal pattern.

SAD is sometimes known as "winter depression" because the symptoms are usually more apparent and more severe during the winter. A few people with SAD may have symptoms during the summer and feel better during the winter.

Symptoms of SAD:

Symptoms of SAD can include:

- a persistent low mood
- a loss of pleasure or interest in normal everyday activities
- irritability
- feelings of despair, guilt and worthlessness
- feeling lethargic (lacking in energy) and sleepy during the day
- sleeping for longer than normal and finding it hard to get up in the morning
- craving carbohydrates and gaining weight

For some people, these symptoms can be severe and have a significant impact on their day-to-day activities.

When to see a GP

You should consider seeing a GP if you think you might have SAD and you're struggling to cope.

The GP can carry out an assessment to check your mental health. They may ask you about your mood, lifestyle, eating habits and sleeping patterns, plus any seasonal changes in your thoughts and behaviour.

What causes SAD?

The exact cause of SAD is not fully understood, but it's often linked to reduced exposure to

sunlight during the shorter autumn and winter days.

The main theory is that a lack of sunlight might stop a part of the brain called the hypothalamus working properly, which may affect the:

- production of melatonin – melatonin is a hormone that makes you feel sleepy; in people with SAD, the body may produce it in higher than normal levels
- production of serotonin – serotonin is a hormone that affects your mood, appetite and sleep; a lack of sunlight may lead to lower serotonin levels, which is linked to feelings of depression
- body's internal clock (circadian rhythm) – your body uses sunlight to time various important functions, such as when you wake up, so lower light levels during the winter may disrupt your body clock and lead to symptoms of SAD

It's also possible that some people are more vulnerable to SAD as a result of their genes, as some cases appear to run in families.

Treatments for SAD

A range of treatments are available for SAD. A GP will recommend the most suitable treatment programme for you.

The main treatments are:

- **lifestyle measures** – including getting as much natural sunlight as possible, exercising regularly and managing your stress levels
- **light therapy** – where a special lamp called a light box is used to simulate exposure to sunlight
- **talking therapies** – such as cognitive behavioural therapy (CBT) or counselling
- **antidepressant medicine** – such as selective serotonin reuptake inhibitors (SSRIs)

More information can be found in regards to this article on:
<https://www.nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad/overview/>

Anxiety in children



Just like adults, children and young people feel worried and anxious at times.

But if your child's anxiety is starting to affect their wellbeing, they may need some help.

What makes children anxious?

Children can feel anxious about different things at different ages. Many of these worries are a normal part of growing up.

From the age of around 6 months to 3 years it's very common for young children to have separation anxiety. They may become clingy and cry when separated from their parents or carers. This is a normal stage in a child's development and should stop at around age 2 to 3.

It's also common for preschool-age children to develop specific fears or phobias. Common fears in early childhood include animals, insects, storms, heights, water, blood, and the dark. These fears usually go away gradually on their own.

There may also be other times in a child's life when they feel anxious. For example, many children feel anxious when going to a new school or before tests and exams. Some children feel shy in social situations and may need support with this.

When is anxiety a problem for children?

Anxiety becomes a problem for children when it starts to get in the way of their everyday life.

If you go into any school at exam time, all the children will be anxious, but some may be so anxious that they don't manage to get to school that morning.

Severe anxiety like this can harm children's mental and emotional wellbeing, affecting their self-esteem and confidence. They may become withdrawn and go to great lengths to avoid things or situations that make them feel anxious.

What are the signs of anxiety in children?

When young children feel anxious, they cannot always understand or express what they are feeling. You may notice that they:

- become irritable, tearful or clingy
- have difficulty sleeping
- wake in the night
- start wetting the bed
- have bad dreams

In older children you may notice that they:

- lack confidence to try new things or seem unable to face simple, everyday challenges
- find it hard to concentrate
- have problems with sleeping or eating
- have angry outbursts
- have a lot of negative thoughts, or keep thinking that bad things are going to happen
- start avoiding everyday activities, such as seeing friends, going out in public or going to school

Some children are more likely to have worries and anxiety than others.

Children often find change difficult and may become anxious following a house move or when starting a new school. Children who have had a distressing or traumatic experience, such as a car accident or house fire, may suffer from anxiety afterwards.

Family arguments and conflict can also make children feel insecure and anxious.

Teenagers are more likely to suffer with social anxiety than other age groups, avoiding social gatherings or making excuses to get out of them.

How to help an anxious child

If a child is experiencing anxiety, there are things that parents and carers can do to help.

First and foremost, it's important to talk to your child about their anxiety or worries. Reassure them and show them you understand how they feel.

If your child is old enough, it may help to explain what anxiety is and the physical effects it has on our bodies. It may be helpful to describe anxiety as being like a wave that builds up and then ebbs away again.

As well as talking to your child about their worries and anxiety, it's important to help them find solutions.

For example if your child is worried about going to a sleepover, it is natural to want to tell them not to go. However, this could mean your child feels that their anxiety will stop them from doing things.

It's better to recognise their anxiety and suggest solutions to help them, so they can go to the sleepover with a plan in place.

Other ways to ease anxiety in children

- teach your child to recognise signs of anxiety in themselves
- encourage your child to manage their anxiety and ask for help when they need it
- children of all ages find routines reassuring, so try to stick to regular daily routines where possible
- if your child is anxious because of distressing events, such as a bereavement or separation, look for books or films that will help them to understand their feelings
- if you know a change, such as a house move, is coming up, prepare your child by talking to them about what is going to happen and why
- try not to become overprotective or anxious yourself
- practice simple relaxation techniques with your child, such as taking 3 deep, slow breaths, breathing in for a count of 3 and out for 3. You'll find more guidance for helping children with anxiety on the Young Minds website
- distraction can be helpful for young children. For example, if they are anxious about going to nursery, play games on the way there, such as seeing who can spot the most red cars
- turn an empty tissue box into a "worry" box. Get your child to write about or draw their worries and "post" them into the box. Then you can sort through the box together at the end of the day or week

When should we get help?

If your child's anxiety is severe, persists, and interferes with their everyday life, it's a good idea to get some help.

A visit to a GP is a good place to start. If your child's anxiety is affecting their school life, it's a good idea to talk to their school as well.

Parents and carers can get help and advice about children's mental health from Young Minds' free parent helpline on 0808 802 5544, from Monday to Friday, 9.30am to 4pm.

Injured or unwell? Using the right service for you

GP practices, hospitals and pharmacies are all facing increasing pressures.






If you become unwell, it's important that you get the right care, in the right place.

<https://www.somersetccg.nhs.uk/health/choose-well/>

Please choose well and help us help you.

Injured or unwell? Use the right service



 Self-care <ul style="list-style-type: none">• Grazed knees• Sore throat• Coughs & colds Visit nhs.uk for self-care advice	 Pharmacy <ul style="list-style-type: none">• Headaches• Upset stomach• Aches & pains• Bites & stings	 NHS 111 <p>Visit 111.nhs.uk or call 111 for advice and support</p> 24 hours a day 7 days a week	 GP <p>Call your GP for symptoms that won't go away</p>	 Minor Injury Unit <p>Urgent but not life-threatening</p> <ul style="list-style-type: none">• sprains• fractures• burns	999 A&E <ul style="list-style-type: none">• Unconscious• Breathing difficulties• Stroke• Heart attack• Heavy bleeding• Severe burns
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#ChooseWell

Our Surgery details:

East Quay Medical Centre
East Quay
Bridgwater
Somerset
TA6 4GP

Reception: 01278 444666

Prescriptions: 01278 446006

www.eastquaymedicalcentre.com

Onsite Opticians: 440440

Onsite Pharmacy: 423015

Onsite Dentist: 411141

You can now find us on Facebook Under "East Quay Medical Centre"



This page is updated regularly with all relevant information and support available.