



FLU CLINICS 2016

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 6 years old?**

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

We still have appointments on the following dates:

Saturday 22nd October-Adults only clinic

Saturday 29th October-Children only clinic

**(Children aged 2-4 years are eligible; those aged 5 to 7 years will have the
vaccine in school)**

Thursday 3rd November

**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.*

**If you are aged 70,71, 72,73, 78 or 79 you are entitled to a shingles vaccine.
Please tell reception when you book your flu vaccine and it will be done at
the same appointment**

The car park will be very busy – please car share, walk or take the bus if you can!

Hearing Aid Batteries

If you require hearing aid batteries, you are now able to get them from **Reception**

You must bring the card/booklet that was supplied with your hearing aid with you. You will not be supplied batteries without this information.

**If you have lost your booklet you will need to contact the Audiology Department at Musgrove Park
Hospital on 01823 342187 for a replacement.**

Reception: 444666

Prescriptions: 446006

www.eastquaymedicalcentre.com

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

Health Trainers

LifeHacks

Written by Somerset Young Mental Health Champions

Positive mental health is something you DO, not something you HAVE. It's all about taking action! Try the following LifeHacks to help you stay positive, happy and well.

1. Be kind to yourself -Give yourself a break. Do something just for you.
2. Do activities you enjoy- Doing something fun or creative is a great distraction from how you're feeling.
3. Talk to someone about how you feel-You are more than your problems. Think about your present and future. Don't dwell on the past. Don't keep it inside. Sharing helps you understand your feelings.
4. Do E.A.S.Y. things to make you feel good
5. Spend time with your friends- Being with your friends in real life helps build stronger relationships so you can feel more supported .If you set yourself small goals your life may feel more manageable and in control.
6. Keep a journal or blog
7. Look at the bigger picture
8. Learn more about mental health -Eat well, get Active, Sleep plenty and try some Yoga or relaxation techniques. You can find out more information that can help you.
9. Stick to a daily routine
- 10.Ask for help- Having a space to record and reflect on your feelings can help. There are lots of people out there who want to help. You are not alone.

To find more information and even more LifeHacks please visit: <http://www.cypsomersethealth.org/lifehacks>
Remember, if you feel you need more help there is always someone to talk to. Speak to a trusted adult such as a teacher or GP.

You could also ring ChildLine on **0800 1111**, or the Samaritans on **116 123**. In an emergency ring **999**.
Funded by Somerset County Council Public Health 2016

AAA Screening

Abdominal aortic aneurysm (AAA) screening is a way of detecting a dangerous swelling (aneurysm) of the aorta – the main blood vessel that runs from the heart, down through the abdomen to the rest of the body.

This swelling is far more common in men aged over 65 than it is in women and younger men, so men are invited for screening in the year they turn 65.

An AAA usually causes no symptoms, but if it bursts, it's extremely dangerous and usually fatal.

The AAA service invite patients to this service every quarter and over the last year our uptake has been 94.7% (compared to the national average of 77.5%)

If you are male aged 65 or over and have declined the invite it is not too late. Call **01823344 567** to self refer.

1 in 3 women who get breast cancer are over 70, so don't assume you're past it!

Breast cancer is the most common cancer in England with around 40,000 women diagnosed each year.

The older you are, the more likely you are to get it. If breast cancer is detected early, it is more treatable. Finding it early could save your life.

It is important to get to know how your breasts look and feel normally, so that you'll find it easier to spot something unusual.

Get into the habit of checking your breasts regularly. Feel the whole of both breasts and into your armpits. Does anything seem different? Look at your breasts in the mirror. Have they changed at all?

Possible signs of breast cancer include:

- A lump in your breast or armpit
- Nipple changes
- Changes to the skin of your breast
- Changes in the shape or size of your breast
- Pain in your breast or armpit.

If you have any of these symptoms see your doctor immediately.

Women aged between 50 and 70 are currently invited for screening, which can detect the condition at a very early stage. Automatic screening invitations are being extended to those aged between 47 and 73. If you are over 70, you can ask for a free screening every 3 years. Just get in touch with your local breast screening unit to make an appointment.