

Practice Newsletter

September 2020



We ask that you wear a face covering when attending the practice for an appointment. You will be asked to put this on before entering the practice and not removed until you exit the building unless instructed to by a member of staff. The reception team will ask you to use antibacterial gel before sitting in the waiting area. **Please ensure to knock on the door when you arrive for your appointment.**

We have been receiving increased calls asking for exemption letters for wearing face coverings. The practice are not providing any letters to patients for this and advise you to look at the government website for the most up to date information and advice.

We are holding a flu day on Saturday 26th September 2020 8am - 4pm. This is by appointment only. If you think you are eligible (see below with new eligibility information) and would like to book in for an appointment on our flu day please let us know.

Flu vaccination is available every year on the NHS to help protect adults and children at risk from flu and its complications.

Flu can be unpleasant, but if you're otherwise healthy, it'll usually clear up on its own in about a week.

But flu can be more severe in certain people, such as:

- anyone aged 65 and over
- pregnant women
- children and adults with an underlying health condition (such as long-term heart or respiratory disease)
- children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious complications of flu, such as [pneumonia](#) (a lung infection), so it's recommended that they have a flu vaccine every year to help protect them.

People aged 65 and over and the flu vaccine

You're eligible for the flu vaccine this year (2020 to 2021) if you'll be aged 65 or over on 31 March 2021. That is, you were born on or before 31 March 1956.

So, if you're currently 64 but will be 65 by 31 March 2021, you do qualify.

Nasal spray flu vaccine – Contact us to book your child's appointment now. The children's flu vaccine is offered as a yearly nasal spray to young children to help protect them against flu. Flu can be a very unpleasant illness for children, with potentially serious complications, including bronchitis and pneumonia.

In the autumn/winter of 2020 to 2021, the vaccine will be available free on the NHS for eligible children, including:

- children aged 2 or 3 on 31 August 2020 – that is, children born between 1 September 2016 and 31 August 2018
- all primary school children and all year 7 children (these would be given at school unless you have a long term condition)

Practice Closures - Please note the practice is closed between 1pm-2pm every Monday and closed all afternoon from 12.30pm on the following dates for staff training: - 24th September 2020 and 13th October 2020

Have you been feeling unwell but putting off getting help for it due to covid? If you have a healthcare problem during covid please remember we are still here for you, we are just having to work a little differently than we used to. Instead of booking face to face appointments you can book telephone appointments. These can be booked in advance and we also release emergency phone appointment slots each morning at 7.30am Monday and Tuesday, 8am on Wednesday - Friday. We also ask you to try and keep with the same GP for the same problems, where possible.

You can also visit our website and fill in an e-consultation online. The e-consultation also has lots of good self help ideas for general problems.

This October, how sober will you go? Sign up now. Have a Sober October or try a Sober(ish) October, and raise money for Macmillan Cancer Support. Visit www.gosober.org.uk for more information or to sign up.

Benefits of going sober - A clearer head, more energy, sleeping better, weight loss, help people with cancer and sense of achievement.

1. [Sign-up](#) and choose 31, 21 or 14 days sober
2. Go booze-free in October
3. Ask friends and family to donate to you
4. Help people living with cancer

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