

South Reddish Medical Centre Autumn/Winter 2018 Newsletter



Preparing for the cold weather

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Cold weather can affect your health. Find out how to keep yourself well and your home warm this winter. Cold weather can affect anyone.

Who's most at risk?

- If your 65 or over
- You're on a low income (cant afford heating)
- Long term health condition
- You're disabled
- You're pregnant
- You have young children
- You have a mental health condition

Please see links for some useful Information;

<https://www.nhs.uk/live-well/healthy-body/keep-warm-keep-well/>

<https://www.nhs.uk/live-well/healthy-body/five-ways-to-stay-healthy-this-winter/>

STAYWELL THISWINTER

Staff News

Welcome to our new GP, Dr Ismail Mahmood who commenced at the practice on the 1st August 2018. Dr Mahmood undertakes surgeries on Mondays and Thursday mornings.

Welcome to our new Receptionist Gill Freeman, who has replaced Kate Turner who left to join another practice.

Congratulations to Trainee Assistant Practitioner Gill Poyser upon completion of her foundation degree (arts) with Merit undertaken through Bolton University. Well Done Gill!



Flu Vaccination

Support your local GP Practice – Have your flu jab with us!

This year the practice is offering two different vaccinations, based on the latest guidance from the Joint Committee on Vaccination and Immunisation, who advise the NHS on which immunisations to provide.

We will be offering the Fludax® vaccination to all patients aged 65 (*on or before 31st March 2019*), as this has shown to be the most effective for this age group. For all patients who are not in this age group, and are eligible, we will be offering the Quadrivalent Influenza Vaccination® which offers protection from **four** different strains of flu: Michigan, Singapore, Colorado and Phuket; this is based on the World Health Organisation's recommendation for the 2018/19 flu season.

The flu immunisation (flu jab) gives excellent protection against seasonal flu and lasts for one year. It does not prevent other viral infections which can cause coughs, colds, and flu-like illnesses. It protects only against the particular flu virus that is expected in the coming winter.

The Practice has already held a number of Flu clinics for eligible patients. If you are aged 65 years or over, pregnant or fall into one of the "at risk" categories ie diabetes, asthma, heart, kidney or lung disease etc please contact the surgery to book your appointment. (Further clinics will be added subject to demand and vaccine availability) It is really important for you to have the flu vaccine if you have a chronic illness we know that patients with chronic illnesses are much more likely to get complications from flu such as pneumonia which can lead to hospital admission and such infections can be FATAL.

For more information on flu and the vaccine, please see: NHS Choices - <http://www.nhs.uk/Conditions/Flu/Pages/Introduction.aspx>



Improving access to general practice

Patients who are registered at this practice can now book an appointment to see a GP or nurse on weekday evenings (after 6.30pm until 8.00pm) or at the weekends (on Saturday and Sunday). Appointments will take place across Stockport. Talk to the practice receptionist to find out more or book an appointment. Please note that these appointments are pre bookable and will not be with your usual GP.



Times are changing
Evening and weekend
appointments now available



By March 2019 everyone in England will benefit from access to general practice appointments in the evenings and weekends at a time that is most convenient to them. This is part of a national drive to help improve access to general practice and get the best possible outcomes for patients. Further information is available at www.england.nhs.uk/gpaccess

Important Reminders!

REMINDER the practice uses MJog a patient messaging service to improve uptake and to reduce administrative costs i.e. postage, stationary. This allows text messages to be sent to patients to reminds them of their appointments (and to cancel if necessary) to book their review, NHS health check or flu vaccination appointment.

To support introduction and further expansion of this new service it is essential that we update your records. Safeguards have been put in place to ensure that emails and text messages are only sent to those patients where consent has been recorded to undertake this form of communication by requesting that patients when either contacting or visiting thee surgery complete a communication consent form to provide us with both mobile numbers and email address.

Service Developments

Online Service—

Patient Access lets you use the online services of your local practice. These may include arranging appointments, cancelling and ordering repeat medication. You can also send secure messages and view your medical records. You can register by asking reception for a PIN and Access ID then follow the instructions provided OR visit patient.info/patientaccess and follow the step by step instructions. Once registered you will need to show reception one form of ID.



Practice Facebook page

The Practice has introduced a Facebook page to increase awareness amongst our younger population of services available and health promotion programmes.

Find us by searching South Reddish Medical Centre Dr Gupta's on Facebook and follow to keep up to date.

Please note that ANY comments posted on our Facebook page will not be responded to.

REMINDER—

**Please update your contact details if anything has changed!
Just let one of our receptionists know.**

Emergency Surgery and Extended hours

We would like to thank all our patients for “Choosing Well”, we have found our emergency surgeries are working well which has in turn enabled Dr Gupta to offer more pre-bookable appointments, but also continue to provide the much wanted “emergency surgery”

Please remember that the emergency appointments are for ONE problem only and is for 5 minutes. It is NOT for the following:

- MED 3 (sicknotes)
- Prescriptions
- Letters
- Routine queries/health issues
- Multiple problems.

You will only be seen if it cannot wait until the next day or the next available appointments.



Reminder that under the Extended Hours Access Scheme Enhanced Service the practice offers additional appointments outside of core hours. This service is designed to help those who have difficulty attending during the day and is provided on the following basis:

Day of session	AM/PM	Time of session	Staff member holding session	Face to face or telephone consultation
Tues	PM	18.30-19.30	Doctor & HCA	Face to face
Thurs	AM	07.30-08.00	Nurse & HCA	Face to face
Sat	AM	09.00-11.00	Doctor & Nurse	Face to face

Shingles

Shingles 5 year anniversary all year round!

Its 5 years since the shingles vaccination programme was implemented in England. From 1st September 2013 a single dose of the live attenuated shingles vaccine (zostavax) was routinely offered to adults aged 70 years on 1st September 2013 and in its first year to those ages 79 years as part of a phased catch-up campaign.

Shingles can be a particularly debilitating illness, especially in older adults and is caused by the reactivation of latent varicella zoster (VZV) infection the same virus that causes chickenpox. The risk and severity of shingles increases with age.

The aim of the shingles vaccination programme is to reduce the incidence and severity of shingles by boosting individuals pre existing VZV immunity. It is estimated that amongst the 5.5 million people eligible for the shingles vaccine in the first three years of the programme, there has been 17000 fewer GP consultations for shingles.

Despite the success of the programme, uptake of the vaccine has been falling. Adults remain eligible until their 80th birthday and therefore it is important to ensure eligible individuals who missed out in previous years are offered the vaccine before their 80th birthday. In order to improve uptake, shingles vaccine is now being offered 'all year round'. **Individuals become eligible as they turn 70 years (routine cohort) and 78 years (catch up to cohort)**. This is the first year of the 'Shingles—all year round!' campaign and we would like to invite all those eligible patients to come for their shingles vaccination so that they can get on with life without pain.



Choose well this winter!

Self Care: For minor illnesses and complaints such as coughs, colds and stomach up-sets - keep your medicine cabinet well stocked. Take plenty of rest

NHS 111: For confidential health advice and information around the clock use this free-to-call medical helpline when you need help fast but it is not an emergency.

Pharmacy: For health advice without an appointment and expertise in suggesting over-the-counter medicines that can help with many common conditions

GP: For advice, examination, diagnosis, referrals & prescriptions. See below for details of appointment times.

Mastercall : For out of hours assistance with conditions that cannot wait until the practices opens.

A + E: In an emergency for the treatment of major accidents and injuries. Use only for life-threatening or critical situations.

Practice opening times

Monday	08.30 – 18.30
Tuesday	08.30 – 19.30
Wednesday	08.30 – 18.30
Thursday	07.30 – 18.30
Friday	08.30 – 18.30
Saturday	1 morning surgery per month
Sunday	Closed