

# SUMMER

2018 Newsletter

## STAFF NEWS

We are pleased to announce that Dr Sarah Prendergast became a Partner in June.

We have welcomed Sarah to our Reception team and F2 Dr Rebecca Dillion who will be seeing patients here for the next 4 months as part of her Doctor training.

Jeanette, one of our administrators, retired at the end of May after working at the practice for 18 years. We wish her a happy retirement!

In June Louise, from our Admin team, took part in an epic 100km London Nightride! She cycled through the night with her husband to support the charity Tommy's. Tommy's funds research into miscarriage, still birth and provides pregnancy health information to parents. Well done Louise!

## STAYING SAFE THIS SUMMER

What a fantastic summer we are having!

While out enjoying the warm weather look after yourself and those you care for. Stay hydrated and be sure to apply adequate sun lotion. If you burn you increase the chance of developing skin cancer.

When the weather turns warm more people head to the water. Unfortunately, this year there has been a big rise in the number of young children who have gotten into difficulty in the sea. It is vital that children are never left unattended, even if you consider them strong swimmers. Children can drown in as little as 5cm of water, so even a paddling pool can be dangerous.

Remember to avoid rough seas and be aware of dangerous rip currents. If you get into trouble keep calm, raise your hand and shout

for help. If you see someone else in trouble call 999 or 112 and ask for the Coastguard.



## FLU VACCINATIONS

We are already busy planning for this year's Flu vaccination clinics.

This year we will be giving the vaccine to those 65 and over, to children aged 2-3 and to patients under 65 in high risk groups.

Health officials have said that people 65 and over should be offered the newly licensed 'Fluad' vaccine – which is designed to boost an immune response improving the effectiveness of the vaccine in the elderly. People aged 18 up to 65 in 'at risk' groups will still be offered the quadrivalent flu vaccine.

We will offer all children aged 2-3 and under 18s in 'at risk' groups the nasal vaccination. This year, primary school children aged 4-9 will be offered the nasal vaccine in schools.

Flu vaccinations will be available from late September so please look out for our flu clinics so you don't miss them! Our vaccine supply is staggered so we will have to spread our clinics out over the autumn months in plenty of time for the flu season. If you get invited for the vaccine and do not wish to have it please let us know.

## GOING ON HOLIDAY?

If you are going away and need to order your medications early, please note this on your prescriptions. If we are not aware that you need them earlier than normal we may wait until the medication is 'due' before issuing more.

## NEW MILTON HEALTH CENTRE COMMUNITY CAFÉ

All our patients are welcome to attend our monthly 'Community Café'. These are held in the room adjacent to reception on the 2nd Wednesday of each month from 10am until midday.

We offer a dementia friendly environment with tea, coffee and biscuits with friends. A local dementia advisor will be present and information and guidance on local support and services will be available for all.

### 2018 Dates

12th September, 10th October, 14th November, 12th December



## SHINGLES

A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to all people aged 70. Please phone us to make an appointment or check eligibility.

## PNEUMONIA VACCINATION

The pneumovax vaccine is available to all patients 65 and over who have not yet had it. You can have your pneumonia vaccination in the Treatment Room at any time. Patients

under 65 at risk are also eligible. People with auto immune conditions should have it every 5 years.

## REMEMBER THE PHARMACY

Your local pharmacist is the health professional on the High Street. Pharmacists are highly trained and can give advice and recommend treatments for common ailments such as coughs and flu like symptoms.

People are still visiting us for conditions that could be treated by a pharmacist. Using the wrong health service increases the strain on our NHS, so it is important to think about what is the best service for your health needs. This will help to make sure the right care is available when people really need it. If you are unsure of where to go please try NHS choices website or call 111 for advice.

## The Friends and Family Test

"We need your feedback"

### PLEASE HELP US BY GIVING FEEDBACK

We want to hear from all patients following a contact with the practice about the care they have received. You can complete our Friends and Family Test by paper or on our website.

We collate our Friends and Family Test feedback monthly to see what improvements we can make. We will then share the feedback themes and any actions we have taken.

### LADIES ARE YOU DUE YOUR SMEAR TEST?

Cervical screening tests are a method of detecting abnormal cells on the cervix. Detecting and removing abnormal cervical cells can prevent cervical cancer. Women aged 25 to 64 are automatically invited for cervical screening. Please don't ignore your invite as smears save lives.