



Harbury Surgery Newsletter

Autumn 2010

Welcome to our First Newsletter. We hope to publish a newsletter every three months and it will be available online, in the Surgery and at Harbury Pharmacy.



Seasonal Flu Clinics

You are eligible for a vaccination against flu if you fall into the following groups:

- over 65 years old
- asthmatic or have a chronic respiratory disease
- chronic renal disease
- chronic liver disease
- chronic heart disease
- chronic cardiovascular disease, including stroke and transient ischaemic attack (TIA)
- diabetes
- impaired immunity due to disease or treatment (immunocompromised)
- multiple sclerosis and related conditions or those with hereditary and degenerative diseases of the central nervous system
- carer

2010 Flu clinics will be held at Harbury Surgery and at Bishops Itchington Surgery at the following times:

Harbury Surgery

Saturday 2nd October from 9.30am – 12 noon
Monday 1st November from 5pm – 7pm

Bishops Itchington Surgery

Saturday 16th October from 9.30 – 12 noon
Wednesday 3rd November from 5pm – 7pm

There is no need to book an appointment, just come along. The earlier clinics tend to be busier, but as we have plenty of flu vaccines, you can safely attend one of the later and quieter clinics. A flu vaccination is required every year to ensure you are fully protected. In addition to the flu jab, we also offer a vaccination against pneumonia. This is generally only required once in a lifetime, (in exceptional circumstances a booster may be required), so if you have not had one before, please ask for it when you have your flu jab, or you can arrange an appointment to have this at any time of the year.

Physiotherapy

You can now self refer to physiotherapy without seeing your GP.

If you have any of the following problems – back or neck pain, recent injuries such as strains and sprains or joint and muscle pain, you can now refer yourself to physiotherapy.

To make the referral you need to collect a referral form from reception, complete it and then send or take it to the clinic of your choice and make an appointment. Please ask at reception for a referral form and information leaflet about this service.



Text Reminders of your Appointment

We have recently installed a new system that will automatically send patients a text reminder the day before their booked appointment. To receive this service, please ensure we have your current and correct mobile number by completing a form in the Surgery. Just in the quarter from April to June 2010 there was a total of 19 hours and 20 minutes lost at Harbury and Bishops Itchington Surgeries by patients not attending for appointments with doctors and nurses and not letting us know. If you need to cancel your appointment, please try to give us at least half a day's notice, so we can offer the appointment to another patient.



Moving House?

- If you are moving house, please let us know your new address as soon as possible by completing a change of address form in the Surgery. The same form can be used for the whole family. However, if you are moving out of our Practice area you will need to register with a Practice local to your new home and they will then request your medical records.
- If you are registering as a new patient at this Practice or at another Practice, you will need to provide your NHS number and photo ID such as passport or photo driving licence and complete our form.
- To register babies, bring the birth notification from your midwife and complete our form.
- To register slightly older children please bring photo ID again, or if the child has no passport, the original birth certificate is required and once again a form needs to be completed.

Calling all Carers

You might not think of yourself as a carer, but ask yourself these questions:

1. Do you look after anybody or do things for other people, whether family member, relative, neighbour or friend (whether you work or not)?
2. Are you a young person (under 18) looking after or regularly helping someone else (family member or other person)?

Many people assume being a carer is giving 24 hour care to a close family member and often giving up paid employment to do so. This is not the case. A caring role takes many forms and here are some interesting facts:

- 1 in 7 of the workforce are also in caring roles.
- In our lifetime 60% of us will take on a caring role of some kind.
- Carers save the economy approximately £87billion a year.
- All carers are entitled to an assessment regardless if the person they care for has been assessed.

The Surgery likes to register all our carers so our clinical staff are aware of your caring role and are able to support you in this. We also try to hold Carer's afternoons where there is lots of information available and people to talk to from the South Warwickshire Carers Support Service over a cup of tea and a piece of cake. We have a notice board in the Surgery dedicated to Carers issues.

**If you undertake a caring role, please register with us.
Registration forms are available from the Surgery.**

Here are some local resources which may help you:

Adult Health & Community Services Directorate of Warwickshire County Council (first point of contact for a Carers Assessment).

Tel: 01926 410410

South Warwickshire Carers Support Service

Tel 01926 485486

The 'Who Cares?' webpage at www.warwickshire.gov.uk/whocares for podcasts, personal testimonials, resources and information.

Stop press: Carer's Afternoon is on Thursday 14th October – please register as a Carer to obtain details of the event nearer the time.



We are closed on Monday 30th August for the bank holiday and there will be no doctors in the Surgery on the afternoon of 14th October.