



Harbury Surgery Newsletter

Autumn 2011



Opening Hours

We are closed on the August Bank Holiday Monday, 29th August 2011.



Registering a New Baby

When your baby is born you will need to register him/her with the Surgery. The notification of birth that the midwife gives you will not automatically register the baby, although you should drop this in to us. To register your baby you will need to complete a form here at Surgery, providing us with your baby's NHS number (which is in the red book) and hand it in to the Surgery with the **original** birth certificate. We cannot accept a photocopy. We will photocopy the certificate, returning it to you and then register the baby.

It is important that you register your baby as soon as you have a birth certificate to avoid any delay should the baby need to be seen by a GP.



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

2011 Flu clinics will be held at Harbury Surgery and at Bishops Itchington Surgery at the following times:

Harbury Surgery

Saturday 10th September from 9am – 11.30am
Wednesday 21st September from 5pm – 7pm

Bishops Itchington Surgery

Wednesday 14th September from 5pm – 7pm
Saturday 17th September from 9am – 11.30am

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.

Missed appointments

In the quarter April to June 2011 a total of **25 hours and 50 minutes** in clinical hours were lost as a result of patients not attending their appointments and not cancelling. **Please cancel if you cannot attend your appointment.**

Carers News – Focus on Young Carers

1. Are you a Young Carer aged between 8 and 18?
2. Does someone at home having a long-term illness, physical or mental disability or drug/alcohol abuse, and so affects the Young Carer?
3. Does the Young Carer live in Warwickshire?

Warwickshire Young Carers' Project is there to help improve the lives of Young Carers across Warwickshire by offering **free and confidential support**. They work with young carers from the age of 8 upwards, and aim to help make a difference to their lives by encouraging them to take time out to relax, take a break and to realise their own dreams.

They Offer:

- Someone to listen to Young Carers and support them.
- Help for Young Carers to access other agencies and service providers.
- Help for Young Carers to get their point across and be heard
- Provide opportunities for Young Carers to meet other Young Carers, make new friends, learn new skills and have fun
- Regular group activities, workshops, days out and short-breaks
- Provide support for Young Carers with their educational needs
- Help for Young Carers to achieve their goals, have their own life and succeed in the things they may be struggling with
- Give Young Carers an opportunity to chat, have a laugh and just relax

If you would like their help, please ring or email:

You can telephone: 01926 485486

You can email: info@warwickshireyoungcarers.org.uk

If you are a young carer you can also register at the Surgery, or a parent of a young carer up to the age of 16 can register the young person on their behalf. We would like to know if you are a young carer so we can keep you informed of any Carers information and the clinical staff at the Surgery are aware of your special role.

***** Stop Press*****

Carers support for all carers in Warwickshire is now provided by Guideposts. Their telephone number is **0845 600 9980**. They have a local office in Leamington where you will contact familiar faces, Ann Jackson and Amanda Jerman.

HeadSmart

This is a new initiative run jointly by the Children's Brain Tumour Research Centre at the University of Nottingham, the Royal College of Paediatrics and Child Health, and the Samantha Dickson Brain Tumour Trust, to make both parents and health professionals more aware of the symptoms of brain tumours in children and young people.

Brain tumours are rare, but they do happen. A quarter of childhood cancers occur in the brain.

To be more symptom aware visit: www.headsmart.org.uk. Symptoms of brain tumours in children and young people do vary, but they include:

Headaches
Vomiting
Poor balance
Difficulty walking

Abnormal eye movements
Fits or seizures
Deteriorating vision

Any child with symptoms which are unusual for him or her, or are persistent or unexplained, should be seen by a GP. Please remember that any child needing urgent medical help should be taken to the nearest emergency department.
In an emergency dial 999.