

Harbury Surgery Newsletter



Autumn 2015



2015 Flu Vaccinations

Flu vaccinations will be done by **appointment only** again this year. Appointments will be available from **15th September** so please book in!!



Flu vaccinations are available to all patients over the age of 65, pregnant women and patients over six months of age with a long term illness such as diabetes, heart disease, lung disease, or kidney disease.

All children aged **2, 3 or 4 years of age** born between **September 1st 2010** and **August 31st 2013** and those in **years 1 and 2 at school** are eligible for the flu nasal spray.

2015 Shingles Vaccination

The shingles vaccine is offered routinely as part of the NHS vaccination programme for patients aged **70, 78 or 79**. But from September 1st 2015, the shingles vaccine will be offered routinely to patients aged **70, 71, 72 or 78**.

Men B Vaccination

The Men B vaccine is a new vaccine to prevent meningitis and will be offered to babies as part of the **routine** NHS childhood vaccination programme from September 1st 2015. The vaccine will be offered to babies aged **2 months**, followed by a second dose at **3 months**, and a booster at **12-13 months**.

Children born between **1st May 2015** and **30th June 2015** will be given the vaccine at **3 months** (depending on date of birth), **4 months** and **12-13 months**.

Men ACWY Vaccination

The Men ACWY vaccine will be offered to all patients born between **1st September 1996** and **31st August 1997**.

This new vaccine will protect against meningitis (caused by meningococcal groups A, C, W and Y) and septicaemia.

PLEASE ASK AT RECEPTION FOR ANY MORE INFORMATION OR TO BOOK AN APPOINTMENT!!

Staff News

Dr Calthrop-Owen will sadly be leaving the Surgery to pastures new at the end of September. She will be missed by all patients and staff, but we wish her all the best with her future!



Stoptober is back!!

Stoptober is the **28-day stop** smoking challenge from Public Health England that encourages and supports smokers across England towards quitting for good.

Stoptober is based on the insight that if you can stop smoking for 28-days, you are **five times** more likely to be able to stay quit for good, so smokers who sign up will be given support and encouragement throughout the month.

Join the thousands quitting with Stoptober this year and visit www.stoptober.smokefree.nhs.uk

NHS 111

NHS 111 is the free number to call when you have an urgent healthcare need. It directs you to the right local service, first time.

It is available 24 hours a day, 365 days a year and should only be called when your GP Surgery is unavailable. Calls are free from landlines and mobile phones.



When should you call it?

- You need medical help fast, but it's not a 999 emergency
- You don't know who to call for medical help or you don't have a GP to call
- You think you need to go to A&E or another NHS urgent care service but are not sure which one is most appropriate
- You require health advice or reassurance about what to do next

How does it work?

When you call 111 you will be assessed by fully trained advisers who are supported by experienced nurses and paramedics. They will ask you questions to assess your symptoms and give you the healthcare advice you need or direct you straightaway to the local service that can help you best.

If the NHS 111 team think you need an ambulance, they will send one immediately.