# Flu vaccinations – Starting September 18

Flu vaccinations are available every year on the NHS to help protect adults and children at risk of flu and its complications.

Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week.

However, flu can be more severe in certain people, such as:

- anyone aged 65 and over

- pregnant women

- children and adults with an underlying health condition (particularly

long-term heart or respiratory disease)

- children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious complications of flu, such as pneumonia (a lung infection), so it's recommended that they have a flu vaccine every year to protect them.

The injected flu vaccine is offered free on the NHS annually to:

- adults over the age of 18 at risk of flu (including everyone aged 65 and

over)

- pregnant women

- children aged six months to two years at risk of flu

An annual flu nasal spray is offered to:

- children aged 2 and 3 plus children in reception class and school years 1,2,3 and 4

- children aged 2-17 years at risk of flu

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# Welcome to our summer edition

Welcome to the latest edition of our newsletter!

If you have any recommendations or comments with regards to this newsletter please let us know, we value your opinion

Enjoy your read

Vicky Bromage & Victoria Burchett (Management Team)

Practice Newsletter

Flu vaccines available soon …

issue 3 – July 2018



02.07.2018

**New staff members and a fond farewell to Judy Lewis**

We would like to introduce you to our newest members of the team;

Sheena Ryait, Prescribing Clinical Pharmacist

Sophie Mousley, Receptionist

Dr S Elmalah, Female GP

Please welcome them to our practice team.

We would like to wish a fond farewell to Judy Lewis our Practice Nurse who has worked at the practice for many years and who is retiring at the end of July 2018. All the very best for the future from everyone at the practice!

**We would like to invite all of our patients to our celebration of 70 years of the NHS to our practice party on Thursday 30th August from 1.30pm – 3.30pm.**

**We will have a birthday cake which we would love to share with you all ! Please come and join us**

Do we have your correct address and phone number?

Please make sure that your details are correct with our reception team

# NHS 70th Birthday party – 30th August 2018

**Are you registered for online access?**

Did you know that you can book appointments, order repeat medication and view your medical records online?

If you would like to register for this service please visit our website [www.acocksgreenmedicalcentre.org.uk](http://www.acocksgreenmedicalcentre.org.uk) or ask a member of staff.

# Patient Online Access

If you would like this newsletter in an alternative format, for example LARGE PRINT or easy read or if you need help communicating with us, for example, you use British Sign Language please let us know.

**If you're planning to travel outside the UK, you may need to be vaccinated against some of the serious diseases found in other parts of the world.**

**You should contact the practice to book an appointment to get advice at least eight weeks before you're due to travel, as some injections need to be given well in advance.**

During your appointment the practice nurse will be able to give you general advice about travel vaccinations and travel health.

Alternatively if your practice is unable to assist, you can visit a local private travel vaccination clinic for your UK boosters and other travel injections.

Not all vaccinations are available free on the NHS, even if they're recommended for travel to a certain area.

**Patent Participation Group**

We would like to encourage all of our patients to join our patient group. We hold regular meetings at the practice to discuss topics of education and to gain your valued feedback to make positive improvements to the practice. We also have members who we contact via e-mail and share information and upcoming events.

If you would like to become a member please speak to either our chairperson, Anita Sabharwal who can be contacted from the practice or Vicky Bromage, Business Manager

# Travel Advice and vaccinations

Bank Holiday Closed August 27th

70th Birthday Party August 30th

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# Upcoming Events