

Circuit Lane Newsletter September 2018

FLU CLINIC

Our flu clinics will fast be approaching. You will be able to pre-book an appointment for your flu vaccination at reception or book in at reception in our on the day clinics. We will also have Saturday clinics for you to have your vaccine. Keep your eyes peeled for dates to be confirmed...

For 2018, there are 3 types of flu vaccine:

- a live quadrivalent vaccine (which protects against 4 strains of flu), given as a nasal spray. This is for children and young people aged 2 to 17 years eligible for the flu vaccine
- a quadrivalent injected vaccine. This is for adults aged 18 and over but below the age of 65 who are at increased risk from flu because of a long-term health condition and for children 6 months and above in an eligible group who cannot receive the live vaccine
- an adjuvanted injected vaccine. This is for people aged 65 and over



NEW WEBSITE!!!

Have you seen our new interactive website? You can now do all of the following things and much more!

- Ask a doctor a question
- Register for online services
- Change of personal details
- Ask reception a question
- Request medication

WWW.CIRCUITLANESURGERY.CO.UK

COMINGS AND GOINGS...

This month we welcome a new Practice Nurse Sarah and Nurse Bernice the nurse who will be working Saturdays. We also have a new receptionist starting Hayley.

Unfortunately this month we are sad to say goodbye to Practice Nurse Emma practice nurse. She will be missed by all.

NEWSLETTERS

Do you keep up with our monthly newsletters? If you would like one electronically please email us on we.patientgroup@nhs.net stating that you are a Circuit Lane patient we can then add you to our virtual group and you will be sent one each month to your email along with a set of the PPG meeting minutes.



THE STARS OF CIRCUIT LANE

The Stars of Circuit Lane are taking part in the Alzheimer's Society 6.5km Memory Walk on Sunday 20th September. Good luck ladies we are sure you'll do great and all for an amazing cause!



WHY CAN'T I GET A PRESCRIPTION FOR AN OVER THE COUNTER MEDICINE?

Your GP, nurse or pharmacist will generally not give you a prescription for over-the-counter (OTC) medicines for a range of minor health conditions. Instead, OTC medicines are available to buy in a pharmacy or supermarket. The team of health professionals at your local pharmacy can offer help and clinical advice to manage minor health concerns. If your symptoms suggest it's more serious, they'll ensure you get the care you need.



You can buy OTC medicines for any of these conditions:

Acute sore throat, minor burns and scalds, conjunctivitis, mild cystitis, coughs, colds and nasal congestion, mild dry skin, cradle cap, mild irritant dermatitis, dandruff, mild to moderate hay fever, diarrhoea (adults), dry eyes and sore tired eyes, mouth ulcers, earwax and nappy rash, to name a few.



Why is the NHS reducing these prescriptions?

The NHS currently spends around £136 million a year on prescriptions for medicines that can be bought from a pharmacy or supermarket, such as paracetamol. By reducing the amount it spends on OTC medicines, the NHS can give priority to treatments for people with more serious conditions, such as cancer, diabetes and mental health problems.

PATIENT PARTICIPATION GROUP

Would you like to find out what's going on at the surgery behind the scenes or have your say and provide suggestions? Then why not join the PPG? We would love to see some new faces at our next meeting!

Our next meeting is on Wednesday 3rd October 6.15pm at the surgery, we would love to see you there! Please let us know at reception if you would like to attend. Your comments and suggestions can make a difference.

ORGAN DONATION WEEK...



Organ Donation Week is 3rd - 9th September 2018. Organ donation is giving an organ to someone else who needs a transplant. Organ donation is an amazingly generous act and saves thousands of lives in the UK every year. However, this relies on donors and their families agreeing to donate. To register to become an organ donor visit www.organdonation.nhs.uk

Did you know... If you stop smoking for 28 days you're 5 times more likely to stop smoking for good!

Next month is October so why not try Stoptober?

Visit www.nhs.uk/oneyou/stoptober/home to find resources to help get you started.

