

Western Elms 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



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 26th September 1.30pm at Oddfellows Hall, we would love to see you there! Please email us on we.patientgroup@nhs.net or let us know at reception if you would like to attend. Your comments and suggestions can make a difference.



COMINGS AND GOINGS...

This month we welcome a new Practice Nurse Sarah and returning to us is Bernice the nurse who will be working Saturdays. We also have a new receptionist starting, Helen and Natalia.

Unfortunately this month we are sad to say goodbye to Jessica, part of our reception team and Emma a practice nurse. They will both be missed by us all.

NEWSLETTERS

Do you keep up with our monthly newsletters? If you would like one electronically please email us on we.patientgroup@nhs.net 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.



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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, nappy rash, excessive sweating, infant colic, sunburn, infrequent cold sores of the lip, infrequent constipation, teething or mild toothache, infrequent migraine, insect bites and stings, travel sickness, warts and verrucae, oral thrush, head lice, indigestion and heartburn, ringworm or athlete's foot, minor pain, discomfort and fever (such as aches and sprains, headache, period pain, and back pain).



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

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

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Please let us know if you change your mobile number so we can update our records and ensure you continue to receive appointment reminders!

BUILDING WORKS PROGRESS UPDATE

We will be open Saturdays 08:30-16:30 for our prebookable appointments. The patient car park will not be in use during this time as it will be used by heavy goods vehicles. We appreciate this limits parking options, we suggest to plan ahead and where possible use public transport. Whilst we appreciate this may be frustrating, please remember our receptionists did not decide to do this. As a team we are all contributing and working together to provide the same level of care to our patients. If you have any concerns please ask to speak to a Duty Manager.