



YOUR VOICE

NOV 2018

THE NEWSLETTER OF THE PATIENT PARTICIPATION GROUP
CRANLEIGH GARDENS MEDICAL CENTRE & WESTONZOYLAND SURGERY

Are you as prepared as you could be?

Very often we are not prepared for difficulties and this can create a lot of stress that could be avoided with a bit of planning ahead.

Below is a list of things to think about and prepare for, so if you are caught out this winter, you can avoid these stresses.

Staying Healthy - in mind and body

Remember to get your FLU jab, eat healthily (have at least 1 hot meal a day), keep hydrated, keep active (wear shoes with a good grip) and a scarf, keep warm (Keep home at 18 C/ 85 F and wear layers of clothing) and socialise.

Transport

We know fewer roads will be gritted this winter. Make sure you have enough provisions and medication at home for a week or two so that you don't need to go out when the icy weather comes.

Worst Case Scenario

Think about what you need to have in place if you had to go into hospital?

Is someone else dependant on you?

Do you have to look after anyone, cook for them give them their medicine, take them somewhere? Make sure they have thought about a back-up plan if you can't help.

Do you have any pets? Who could look after them if you need to spend a few days in hospital?

Do you have a list of loved ones, and their contact details, in an obvious place in case someone needs to contact them for you? Do you need to update your Doctors records with your next of kin contact details?

Other People who can help include:

Carers Support – for advice and support if you are caring for someone 0800 3168 600

Independent Age –for help and support to keep you independent 0800 319 6789

The Silver line – A help line for older people 0800 470 8090

There are a number of leaflets providing the detailed information above in the practice together with a plan you can make to ensure you are winter ready.

Flu campaign

Seasonal Flu Vaccination

Influenza – flu – is a highly infectious and potentially serious illness caused by influenza viruses. Each year the make-up of the seasonal flu vaccine is designed to protect against the influenza viruses that the World Health Organization decide are most likely to be circulating in the coming winter.

Regular immunisation (vaccination) is given free of charge to the following at-risk people, to protect them from seasonal flu:

- people aged 65 or over,
- people with a serious medical condition
- if you are pregnant
- people living in a residential or nursing home
- the main carers for an elderly or disabled person whose welfare may be at risk if the carer becomes ill
- healthcare or social care professionals directly involved in patient care

This year those over 65 will be receiving a new, improved vaccine which is more effective in this age group. Younger patients who receive flu vaccination because of a medical condition, or because they are in another risk group, will also be receiving an improved vaccine which covers 4 strains of flu (rather than the previous 3).

Children already receive a 4 strain vaccine

For more information on flu immunisation, including background information on the vaccine and how you can get the jab, see www.nhs.uk/Conditions/vaccinations/Pages/flu-influenza-vaccine.asp

Flu vaccines can also be given by the doctors and nurses during a routine appointment. However if you do receive one this way and have also booked into a flu clinic, please tell reception on the way out so that your flu clinic appointment can be cancelled and the appointment offered to someone else.

All children from reception class up to year 5 receive flu vaccination in school. Children aged 2 and 3 are eligible to receive flu vaccination in their GP practice but please note the child must have turned 2 before 1st Sept 2018 to be eligible this year.

If you are booking your child's flu vaccination please ensure you tell reception and they will look to make the appropriate appointment with one of the practice nurses.