

PRINCES GARDENS SURGERY NEWSLETTER – AUTUMN 2017

201

With autumn comes the inevitable flu vaccination season at Princes Gardens Surgery and this year we have put together a couple of large special flu vaccination clinics so patients can come and get their flu jab quickly and easily.



The Flu Clinic is open to Patients who are eligible:-

- o Patients aged 65 or over
- o Patients who are Pregnant
- o Patients with Diabetes
- o Patients with BMI >40
- o People in long-stay residential care or homes
- o Unpaid Carers and Young Carers

Patients with long-term Chronic illnesses such as:-

- o Lungs e.g.. Asthma or COPD
- o Kidney, Liver, Immune System
- o Heart
- o Brain or Nervous System

The list above is not exhaustive, and the GP will apply clinical judgment taking into account the risk of flu exacerbating any underlying disease that a patient may have, as well as the risk of serious illness from flu itself.

Seasonal flu vaccine can be offered in such cases even if the individual is not in the clinical risk groups specified above.

**DON'T DELAY
BOOK YOUR FLU VACCINE NOW.**

Flu Vaccination Clinics

Protect yourself against the deadly influenza virus with a **FREE** flu vaccination at one of our vaccination clinics if you are over 65 or in a clinical 'at risk' group.



The clinics are by appointment only and strictly for your flu vaccination only:-

Sat 23rd Sept
Tues 26th Sept
Wed 27th Sept
Thurs 28th Sept
Fri 29th Sept
Sat 30th Sept

Mon 2nd Oct
Tues 3rd Oct
Wed 4th Oct
Fri 5th Oct

Reason to get Vaccinated at Princes Gardens Surgery

- The Flu Vaccine is very important to the Surgery so make sure you get vaccinated by us, in an environment that you know, with people you know, and where we have your records to hand.
- It takes two weeks to develop a full antibody response to the Flu Vaccine, and it then protects you for 6 months so the best time to get vaccinated is in October and it will cover you ALL winter.
- In the run up to Christmas we all spend a lot of time with friends, family and in crowded areas, i.e. parties, shopping, family events etc. So make sure you get protected against flu.

Please ask at Reception if you would like to know more or book a slot

Do you look after an adult or child who is ill, frail, disabled, has mental health problems, or misuses drugs or alcohol? We want to identify people registered at this practice who are Carers.

Sometimes 'hidden' Carers are looking after a family member or helping a friend or neighbour with day to day tasks and may not see themselves as a Carer.

If this applies to you, this is an opportunity to let the practice know so that we can update our records. Please complete a Carer Identification Form in the waiting room and hand it in to reception.



The Princess Royal Trust
for Carers in Hampshire



www.nhs.uk/carersdirect

Freephone: 0808 802 02 02

Do We Have your Details Correct

Have you recently moved to a new house, changed your home or mobile number or changed your Surname?? We are always trying to keep our patient records up to date. If you change address or contact telephone numbers, please remember to tell the practice as soon as possible. Forms for this purpose are at reception if this is more convenient

News from the Reception/Admin Team

Have you registered on line to enable you to manage your appointments without having to call the surgery? It is simple to register; go to <https://patient.emisaccess.co.uk>

If you are unable to attend an appointment, PLEASE remember to let us know so that your appointment can be offered to another patient; you can do this by telephone or using the online system.



Carer's Hub

The Princess Royal Trust for Carers in Hampshire are the current contract holder with Hampshire County Council and the 5 Clinical Commissioning Groups to provide Carers across the County with advice, information and support in their caring role.

The Trust holds many events across Hampshire for Carers Week each year:

Do you care for someone with a Long-term health condition?

Would you benefit from support and guidance helping you cope with the changes caring for someone can bring.

Come along to our free workshop for carers.



**Friday 10th November 10am-2pm
A light lunch will be provided**



Wellesley Community Rooms,
Maida Road
Wellesley
Aldershot
Hampshire
GU11 2FA

For further information or to book a place please contact:

01264 835246 / 835205
info@carercentre.com



**North East Hampshire and Farnham
Clinical Commissioning Group**

Our Health Care team is expanding – Other Health Care Professionals can often help

Physiotherapy Assessment Specialist



Do you have any of the following new or longstanding problems:-

- Joint & Back Pain
- Low Back Pain
- Shoulder Pain
- Knee Pain
- Ankle Pain

Since the 3rd July 2017 we have appointments available every Tuesday with a Specialist.

The Specialist is highly trained to an expert level in the assessment, diagnosis and treatment of musculoskeletal/orthopedic problems. They are able to offer a rapid assessment and referral service. The access to the clinic is directly via our reception staff and it **will not be necessary to see a GP first.**

They are able to advise on appropriate rehabilitation/exercise programs, refer for physiotherapy treatment, x-rays and scans.

You can book these appointments by speaking to a member of the Reception Team.



As a practice we value our patients' opinions on how our practice is run. We have a Patient Participation Group and welcome input from patients. If you are interested in helping us please speak to a member of the Reception Team.

Clinical Pharmacist

If you need a medication review or have a query regarding your medication, you do not need to see a GP.

Our Clinical Pharmacist Sanjeet works directly with clinical staff and patients to provide patient care that optimises the use of medication and promotes health, wellness and disease prevention.

He does medication reviews and can assist with any medication query.

Medication Review



Care you need,
convenience
that matters.

Local Pharmacy Advice

- o Medication Queries
- o Cough & Colds
- o Sore Throats
- o Hayfever
- o Emergency Contraception
- o Emergency Repeat Medication



Appointments

Please remember that your appointment time is **10 minutes**. If you know that you need to see a doctor for more than one problem then please inform the receptionist of this when booking your appointment.

Please telephone before 10:00 am if you feel you need to be seen on the same day.

We do not have any facilities for "walk in patients" either during the week or on Saturday.

Saturday morning appointments are strictly pre-booked through reception in advance.



Note from the Reception Team

We would like to notify our patients that our Reception Team have been asked by the GP Partners to ask you for some brief details regarding your request for an appointment.

Please indicate the nature and urgency of your problem so we can help you as efficiently as possible. This will ensure that you are booked in with the correct healthcare professional and that the quickest route to treatment or advice is taken.

Self Care	Hangover Grazed knee Sore throat Cough	See NHS choices for advice www.nhs.uk
Pharmacist	Diarrhoea Minor infections Headache Bites and stings	Your local pharmacist can help with lots of everyday ailments and offers good advice.
GP Surgery	Feverish Children Vomiting Ear pain Feeling ill	For infections and persistent symptoms or if your child has a high temperature choose your Doctor.
NHS 111	Unwell, unsure, confused? Need help fast?	 CALL 111
GP Services Out of Hours	Urgently need a GP during the evening or at the weekend.	 CALL 111
Accident and Emergency (A&E) or 999	Choking Chest Pain Suspected stroke Blacking out Bleeding you can't stop Struggling to breathe	Visit A&E at Frimley Park Hospital or call 999 for an ambulance.

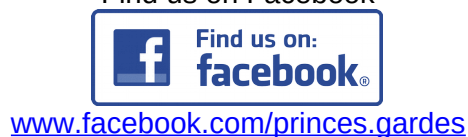
Choose Well
Get the right treatment for your symptoms.

Social Media

Join the conversation on Twitter:



Find us on Facebook



Visit our website:

www.princesgardenssurgery.com

LOCAL CHEMISTS

Boots, Wellington Centre	01252 317444
Heath End, Farnborough Road	01252 323289
Intergro (Delivery only)	01252 447226
Lloyds; Lower Farnham Road	01252 333400
Rowlands, ACFH	01252 329098
Sainsbury's, Water Lane	01252 718061
Superdrug, Wellington Centre	01252 317295
Tescos, Wellington Avenue	01252 803449
Vernons, North Lane	01252 314018
Wellington, High Street	01252 332551



USEFUL TELEPHONE NUMBERS

24 Hour NHS Health Advice Service	111
Hampshire Council - Adult Services	0300 555 1386
Domestic Abuse Service	0808 2000 247
Samaritans	116 123
Hampshire Police	0845 045 4545
Life Threatening Emergency	999
Emergency Dentist	111
Mental Health Crisis Line	0300 456 8342

Unsure? - Call **NHS 111** or visit www.nhs.uk



