

PRINCES GARDENS SURGERY

AUTUMN NEWSLETTER 2019



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.

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 CLINIC DATES OVERLEAF**



You can often treat the flu without seeing your GP and should begin to feel better in about a week.

Flu symptoms come on very quickly and can include:-

- o A sudden fever – Temperature of 38C or above
- o Aching body
- o Feeling tired or exhausted
- o Dry, chesty cough
- o Sore throat
- o Difficulty sleeping
- o Diarrhoea or tummy pain
- o Nausea and being sick

The symptoms are similar for children, but they can also get pain in their ear and appear less active.

Telling the difference between cold and flu;

FLU

- o Appears quickly within a few hours
- o Affects more than just your nose and throat
- o Makes you feel exhausted and too unwell to carry on as normal

COLD

- o Appears Gradually
- o Affects mainly your nose and throat
- o Makes you feel unwell, but you're okay to carry on as usual (eg. go to work)



How to avoid spreading the flu:

Flu is very infectious and easily spread to other people. You're more likely to give it to others in the first 5 days. Flu is spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours.

To reduce the risk of spreading the flu:

- o Wash your hands often with warm water and soap
- o Use tissues to trap germs when you cough or sneeze
- o Bin used tissues as quickly as possible

How to prevent Flu:

The Flu vaccine reduces the risk of catching flu, as well as spreading it to others. It is more effective to get the vaccine before the start of the flu season to ensure you are protected early.



FLU CLINICS

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

September

Saturday 21 st	09:00am – 13:00pm
Tuesday 24 th	13:20pm – 14:40pm
Thursday 26 th	13:20pm – 14:40pm
Thursday 26 th	17:00pm – 18:00pm
Friday 27 th	13:40pm – 15:00pm
Saturday 28 th	09:00am – 13:00pm
Monday 30 th	13:30pm – 16:00pm

October

Thursday 3 rd	13:20pm – 18:10pm
Friday 4 th	08:30am – 12:00pm
Saturday 5 th	09:00am – 12:00pm

Please speak to a member of Reception to book your Flu Jab today!!

In June / July we had a total of 372 missed appointments

That is an average of 10 appointments per working day. That is a lot of wasted appointment time.

Please help your surgery by **CANCELLING** your unwanted appointment, if you no longer need it, or cannot keep it. We can then offer the appointment to a patient in need.

You can cancel your appointment by replying CANCEL to your appointment text reminder, by phone or email.

EXTENDED ACCESS

We would like to remind patients that there is access to GP and Nurse appointments up until **8pm daily** with Saturday and Sunday appointments also available every week.

This is not a walk in service, patients must have an appointment and should contact Reception in the usual way to book these appointments.

All the Aldershot Practices have teamed up to offer appointments for local patients so these may not always be at Princes Gardens Surgery, however all the details will be explained to you by the receptionist when you are booking your appointment.

CARER'S HUB



The Princess Royal Trust
for Carers in Hampshire

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.



- Create Emergency Plans
- Access Carer Support Information
- Meet other Carers
- Cared for are also warmly welcomed

**Westend Centre
48 Queens Road
Aldershot
GU11 3JD**

The Hub will run on the following Thursdays from 10am to 2pm.

**Thursday 12th September
Thursday 10th October
Thursday 14th November
Thursday 12th December**

For more information please call 01264 835 246

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Be a Soberhero and go 31 days without alcohol this October – say no to the booze and yes to raising money for people living with cancer.

By signing up to the challenge you're doing something amazing for people with cancer. All the money raised by those Going Sober this October will help Macmillan support even more people facing cancer.

How it all works



1. Sign up



2. Go booze-free



3. Raise funds



4. Help people living with cancer

Perks of going sober

- **More time on your hands.** You'll have time to fit in a weekend run or learn something new once you've banished those horrible hangovers.
- **Better sleeping pattern.** You'll wake up with a spring in your step and increased energy levels – who knows what greatness you could achieve?!
- **A happier bank balance.** By going booze-free, you could save money each month.
- **A healthier you.** With a clearer head, clearer skin and free from hangovers, you'll be feeling on top of the world.

For more information and to sign up visit
<https://www.gosober.org.uk/about>



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



APPOINTMENTS

Please remember that your appointment time is for **10 minutes and 1 problem**. 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.

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



SOCIAL MEDIA

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LOCAL PHARMACY ADVICE

- o Medication Queries
- o Cough & Colds
- o Sore Throats
- o Hayfever
- o Emergency Contraception
- o Emergency Repeat Medication
- o Chlamydia Screening
- o Support for carers
- o Disposal of unwanted or out of date medicines
- o Minor ailments service