



MARDEN NEWS

e monthly newsletter from Marden Medical Practice

September 2017

OPEN DAY - Tuesday 12th September - 6.00 pm - 8.00 pm

Our aim for this event is to improve patient experience. Come and meet the GPs, Practice Team and some of the members of the Practice Participation Group. Also detailed below are some of the other agencies available to speak to on the evening.



Refreshments will be available so **Drop In - All Welcome**

Useful Numbers

Health Visitors 452300
District Nurses 277709
RSH 261000
Family Planning 283382

Pharmacies

Rowland's On Site
369446
Asda 276810
Sainsbury's 244744
Taylor - Radbrook
249931
Williams Co-op
344277
Conway 352352
Lunt's - Hereford Rd
351918
Boots - Pride Hill
351311
Rhodes 343998
Boots - Copthorne
350747
Boots - Coleham
362496
Lloyds - Riverside
344523
Tesco
845449
Pharmacy Express
245715



With Patient Access, you can now access your local GP services at home, work or on the move — wherever you can connect to the internet. What's more, because Patient Access is a 24 hour online service you can do this in your own time, day or night. Book an appointment: Order repeat prescriptions: Change your address details: Send secure messages to your practice: View your medical record. However your local practice may not offer every Patient Access feature so ask at your surgery to find out which are available to you.

Can I use Patient Access? Around 1 in 4 practices currently offer this service. When you register a check will be made to see if your practice offers the service to become a Patient Online.

How do I register? Ask at your surgery to find out if Patient Access is available to you.

Is my information secure? All information that is sent to your surgery via Patient Access is secure. Your personal details are encrypted and protected using the highest standard internet security, so it cannot be intercepted. Only you and your GP surgery are able to see this information.



Saturday Flu Clinics:-

Sat - 23.09.17 - 9:00 am - 1:00 pm

Sat - 30.09.17 - 9:00 am - 12:00 pm



Flu vaccination is available every year on the NHS to help protect adults and children at risk of flu and its complications. Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week. However, flu can be more severe in certain people, such as: anyone aged 65 and over: pregnant women: children and adults with an underlying health condition (such as long-term heart or respiratory disease): children and adults with weakened immune systems. Anyone in these risk groups is more likely to develop potentially serious complications of flu, such as pneumonia (a lung infection), so it's recommended that they have a flu vaccine every year to protect them.

The injected flu vaccine is offered free on the NHS annually to: adults over the age of 18 at risk of flu (including everyone aged 65 and over): pregnant women

Flu nasal spray vaccination: The flu vaccine is routinely given on the NHS as an annual nasal spray to children aged two and three plus children in reception class and school years one, two, three and four; children aged two to 17 years are at particular risk of flu.

How safe is the flu vaccine for children? The flu vaccine for children has a good safety record. In the UK, millions of children have been vaccinated safely and successfully.

How does the children's flu vaccine work? The vaccine contains live but weakened flu viruses that do not cause flu in children. It will help your child build up immunity to flu in a similar way as natural infection, but without the symptoms. Because the main flu viruses change each year, a new nasal spray vaccine has to be given each year, in the same way as the injectable flu vaccine.



65 and overs and the flu jab: You are eligible for the flu vaccine this year (2017-18) if you will be aged 65 and over on 31st March, 2018 – that is, you were born on or before 31st March, 1953. So, if you are currently 64 but will be 65 on 31st March, 2018, you do qualify.

Where to get the flu jab? You can have your NHS flu jab at your GP surgery: a local pharmacy offering the service: your midwifery service if they offer it for pregnant women. Some community pharmacies now offer flu vaccination to adults (but not children) at risk of flu including pregnant women, people aged 65 and over, people with long-term health conditions and carers. If you have your flu jab at a pharmacy, you don't have to inform your GP – it is up to the pharmacist to do that.



How effective is the flu jab? Flu vaccine is the best protection we have against an unpredictable virus that can cause unpleasant illness in children and severe illness and death among at-risk groups, including older people, pregnant women and those with an underlying medical health condition. Studies have shown that the flu jab will help prevent you getting the flu. It won't stop all flu viruses and the level of protection may vary, so it's not a 100% guarantee that you'll be flu-free, but if you do get flu after vaccination it's likely to be milder and shorter-lived than it would otherwise have been. There is also evidence to suggest that the flu jab can reduce your risk of having a stroke. Over time, protection from the injected flu vaccine gradually decreases and flu strains often change. So new flu vaccines are produced each year which is why people advised to have the flu jab need it every year too.



When to have a flu jab: The best time to have a flu vaccine is in the autumn, from the beginning of October to early November, but don't worry if you've missed it, you can have the vaccine later in winter. Ask your GP or pharmacist. Serious side effects of the injected flu vaccine are very rare. You may have a mild fever and aching muscles for a couple of days after having the jab, and your arm may be a bit sore where you were injected.

Each year, the viruses that are most likely to cause flu are identified in advance and vaccines are made to match them as closely as possible. The vaccines are recommended by the World Health Organization (WHO). Most injected flu vaccines protect against three types of flu virus: **A/H1N1** – the strain of flu that caused the swine flu pandemic in 2009: **A/H3N2** – a strain of flu that mainly affects the elderly and people with risk factors like a long term health condition. In 2017/18 the vaccine will contain an A/Hong Kong/4801/2014 H3N2-like virus: **Influenza B** – a strain of flu that particularly affects children. In 2017/18 the vaccine will contain B/Brisbane/60/2008-like virus.

Most adults can have the injected flu vaccine, but you should avoid it if you have had a serious allergic reaction to a flu jab in the past.

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