



Vaccinations

Flu

It's that time of year again when eligible patients can have their free flu vaccination. It is really important that all those patients who are eligible, over 65's, those in 'at risk' groups and young children aged 2, 3 or 4 on the 31st August 2015 have the vaccine. While the weather is mild and we have been lucky this year with plenty of sunshine and warm temperatures, now is the time to get your vaccination before the weather turns. Please ring the surgery and book your appointment as soon as possible as vaccinations may be limited later in the year.

We have strict guidelines from the Department of Health for the childrens influenza vaccinations and only those children who are 2, 3 or 4 on the 31st August 2015 will be eligible at this time. The vaccination will be administered via a nasal spray and not an injection, providing this is suitable for your child. Invitations for this will be going out soon.

We have set up an additional clinic on a Saturday morning in November. We will also set up clinics during the week so please book your vaccination as soon as possible.

Shingles

This year everyone aged 70, 71, 72, 78 and 79 will be offered a shingles vaccine (dates of birth on or between 2/9/1935 and 1/9/1937, or on or between 2/9/1942 and 1/9/1945). Invitations will be sent to patients for this. This free vaccination can help to prevent shingles, or at least to reduce the severity of symptoms and complications afterwards. You will be able to have this the same time as your flu vaccine.

Pneumonia

If you are aged 65 or over and haven't already had the Pneumococcal vaccination you are entitled to this free, at the surgery. Please book your appointment as above if you haven't already had it at the same time as you are having your flu vaccine.

Meningococcal B Vaccination

From 1 September 2015, all infants born on or after 1 July will be eligible for the MenB vaccine which will be administered together with other primary immunisations at two, four and 12 months. Our nursing team and health visitors will be able to provide you with more information on this important vaccination.

Meningococcal group ACWY vaccination

We have invited teenagers aged 17 and 18 (born between 1 September 1996 and 31 August 1997) for the vaccine. All adolescents born between 1 September 1996 and 31 August 1997 in England are eligible for vaccination regardless of their future plans.

Where possible, it's important that anyone who plans to go to university for the first time this year gets vaccinated before they leave home, including overseas and mature students, up to 25 years of age. This group is at increased risk of getting meningococcal disease, as many of them will be mixing closely with lots of new people at university, some of whom may unknowingly carry the meningococcal bacteria.

The vaccine is being introduced in response to a rapidly growing increase in cases of a highly aggressive strain of meningococcal disease, group W. Cases of MenW have been increasing year-on-year, from 22 cases in 2009 to 117 in 2014. It is currently responsible for around a quarter of all laboratory-confirmed meningococcal cases in England.



Thinking of Stopping Smoking?

...then let Reception know and they can make a **Time to Quit** appointment for you with one of our nurses.

As well as support and advice, they can prescribe appropriate aids, such as nicotine patches, gum, etc.

You are more likely to quit if you get help!



Congratulations!!!! to Debbie Smith who has passed her Prescribers Course. Debbie who is our lead Diabetes nurse will now, with the support of the GP's, be able to prescribe appropriate drugs for our patients who she sees in clinic.



Choose Well

As you are probably aware that both hospitals and GP Surgeries will come under a lot more pressure over the coming winter months as there tends to be an increase in cases of flu, norovirus (sickness and diarrhoea bug) and falls, etc. People with chronic conditions, especially those affecting the lungs, can also find cold weather makes their symptoms worse.

In order for both GP surgeries and Hospitals to be able to give people the help they need, it is important that we all use the most appropriate service. Please consider what service would be the most appropriate for your needs at the time.

Don't forget you can use the pharmacy for many minor ailments, they can give advice and in some instances provide medication free of charge if needed over the counter and you don't usually have to wait for an appointment.

Also by calling the free NHS111 service you can get advice and support over the telephone 24 hours a day, 7 days a week. Try and keep both the hospitals and your GP surgery free for those who need it most.



Starters and Leavers



Welcome to our new GP Trainees Dr. Sri Kartha, Dr. Bethany Mackay and Dr. Ahmed Salama

Goodbye We said goodbye to Dr Tayyiba Ajmal and Dr. Farah Jalil our most recent GP Trainees who left us back in August.

Congratulations to Sr. Karen Ferriday on her wedding Karen is now known as Sr. Karen Reid.

Opening Times

Monday - Friday*
8.00am-6.00pm

***Closed Thursday lunchtime from 12:30 pm until 1:30 pm, plus one afternoon per month for staff training.**

Speaking to a Doctor

If you wish to speak to any of the doctors then the best time to contact them is between 11.00 am and 12.00 pm each weekday.

Contact Details:

The Surgery
12 Wetmore Road
Burton-on-Trent
DE14 1SL

Tel: 01283 564848

Fax: 01283 569416

Web-address: www.wetmoreroadsurgery.co.uk