



HEALTH MATTERS

North Street
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Wiltshire
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www.northlands-surgery.co.uk

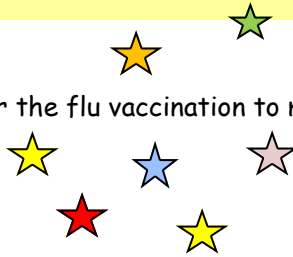
Be Flu Ready this Winter !

Flu Vaccinations - Book Now!

Just a reminder to patients who are eligible for the flu vaccination to make your appointment as soon as possible.

Eligible Patients are:

- aged 65 years or over
- living in a residential or nursing home
- the main carer of an older or disabled person
- a household contact of an immunocompromised person
- a health or social care worker; or
- pregnant



Opening Times:

Visit the Surgery Monday to Friday:
8.30am - 6.00pm
Or telephone between:
8.30am - 5.30pm

Surgery Times (by appointment):

Monday and Wednesday
8.30am - 12.25pm
2.30pm - 5.40pm
6.30pm - 8.00pm

Tuesday, Thursday and Friday
8.30am - 11.30am
2.30pm - 5.40pm

Out of Hours Service: I I I

Our Doctors:

Dr R Leach MA BM BCh MRCP DRCOG
Dr E Tully MB BCh BAO DFRSH MRCP
Dr N Ware MB BS BSc DRCOG MRCP
Dr J Dalton BM MRCP DFRSH DCH
Dr N Abel BM BS MRCP
Dr E Simons MB ChB DFFP
Dr C Paget MB BCh MRCP DFRSH

Trainees:

Dr K Bailes MBChB
Dr T Chambers BSc MBChB DRCOG

Our Nurse Practitioners:

Advanced Nurse Practitioner Anita Peake
Nurse Practitioner Emily Davies

Pneumonia Vaccinations

A pneumococcal infection can affect anyone. However, some people are at higher risk of serious illness and can be given the pneumococcal vaccination on the NHS. Eligible patients include babies, adults aged 65 or over; and children and adults with certain long-term health conditions, such as a serious heart or kidney condition

Babies receive the pneumococcal vaccine as three separate injections, at 8 weeks, 16 weeks and one year old. People over 65 only need a single pneumococcal vaccination, which will protect for life. It is not given annually like the flu jab. People with a long-term health condition may need just a single one-off pneumococcal vaccination or five-yearly vaccination, depending on their underlying health problem.



Shingles Vaccination

A vaccine to prevent Shingles, a common painful skin disease is available on the NHS to certain people in the 70s. You are eligible from aged 70 years or 78 years until your 80th birthday. You are also eligible if you are aged 76—born after 1st September 1942. Unlike the flu jab, you'll only need to have the vaccination once and you can have it any time of the year.

Thanks to our wonderful PPG for helping us with our first Sat Flu Clinic ...pictured here with Nurses Fiona and Tracy and Reception Supervisor Dean.



When you have finished reading the Newsletter, please leave it in the Waiting Room for others to read. Thank you.

IMPROVED ACCESS TO GP SERVICES

You can now access additional Primary Care Services in the evenings and at weekends.

Improved Access is a Wiltshire-wide initiative where local surgeries are working together to offer increased availability of services and appointments in the evenings and at the weekend. These appointments are available 18:30-20:00 Monday-Friday; on Saturdays and Sundays (in Devizes); and on Bank Holidays. This collaboration means you may be offered an appointment at another practice.

Appointment types will vary - some being face-to-face, some on the phone - and there will be a mixture of bookable and same-day appointments available across the week. We will be offering appointments with GPs as well as with other healthcare professionals, such as a Practice Nurse or Healthcare Assistant. We are keen to balance the importance of continuity of care with convenient access for patients, while ensuring that the service is safe.

For more information or to book such an appointment, please contact us during normal opening times. A receptionist will explain the process and ensure the booking is appropriate. You will need to give consent to use this service.



Stoptober, the 28-day stop smoking campaign from Public Health England, is back from 1st October. **Stoptober** has driven over 1 million quit attempts to date and is the biggest mass quit attempt in the country. It is based on research that shows that if you can stop smoking for 28-days, you are five times more likely to stay smokefree for good. There are lots of ways to quit and **Stoptober** can help people choose what works for them. **Stoptober** offers a range of free support to help people on their quitting journey including an app, daily emails, Facebook Messenger and lots of encouragement from the Stoptober online community on Facebook. Please ask at Reception for help available to you from the surgery.

Nasal spray flu vaccine for children

In the autumn/winter of 2018/19, the vaccine will be available free on the NHS for eligible children, including:

- children aged 2 and 3 on 31st August 2018 - that is, children born between 1st September 2014 and 31st August 2016
- children aged 2 to 17 with long-term health conditions
- children in reception class and school years 1, 2, 3, 4 and 5—please note that this age group will be vaccinated at school

REMEMBER Flu is a very unpleasant illness and the vaccine helps protect the child as well as stopping them spreading flu to vulnerable friends and relatives.

Child flu vaccinations available from mid October