



The Taverham Partnership Quarterly Newsletter

Welcome to the seventh edition of our quarterly newsletter!

Welcome to the seventh edition of our practice newsletter. Several members of the practice team are responsible for pulling together articles for the newsletter. We will try to include information that we hope will be helpful for patients. If there are any topics that you would particularly like covered in a future newsletter please email Dawn Turner on dawn.turner@nhs.net

Issue 7

July 2008

Topics:

- ☺ Flu Clinics
- ☺ Free prescription collection service
- ☺ Sun safety
- ☺ Ill in the night?
- ☺ Patient /Carers Involvement meeting - 1st Aug

New Interim Practice Manager

We welcome Teresa Abbott who has now joined The Partnership whilst Emily Smith is on maternity leave. We wish Emily well with her soon to be new family. You may contact Teresa on tabbott@nhs.net if you have queries or questions regarding either Beechcroft or Taverham Surgeries.

Important information about flu clinics

The flu is not a severe cold. It's a completely different virus that attacks your immune system leaving you vulnerable to other more serious illnesses. If you will be aged 65 or over by 31 March 2007 or if you suffer from certain chronic illnesses such as diabetes, chronic heart conditions, chronic respiratory conditions (including asthma), chronic kidney disease or lowered immunity due to steroid medication or cancer treatment you will be entitled to a **free flu vaccination**. The vaccine does not contain any live flu viruses, so it is impossible to catch the flu from the jab. As you may have read in the newspapers the Department of Health have stated that there will be a delay in deliveries again this year, and that most supplies of flu vaccine will be distributed to surgeries later than usual. The Department of Health have instructed us to prioritise our initial deliveries of vaccine in October for those patients aged 65 years and over and those in the clinical risk groups mentioned above. We have now received our vaccine delivery dates, and intend to run clinics in October and December. We will aim to keep patients updated on flu clinic dates via our website as soon as they become available.



Do you know what to do if you fall in ill at night?

If you fall ill at night or a member of your family and you feel you need medical assistance this is who you can contact:-

- the surgery and our out of hours provider will deal with your problem by giving advice, asking you to go to a local out of hours primary care centre or visit you at home.
- NHS direct on 0845 46467 or use their website www.nhsdirect.nhs.uk
- The walk in centre at Dussindale on 01603 300122 they are open week days from 7am to 10pm and weekends and bank holidays from 9.00am to 10pm.
- The emergency ambulance service on 999 who will take you to the nearest accident and emergency unit for urgent medical assistance.

Taverham & Beechcroft—Patient / Carers Involvement Forum

This forum will be meeting on Friday 1st August from 12.30 pm to 2.00 pm at Taverham Surgery

to discuss the 'patients experience' when trying to obtain a consultation with a GP or healthcare

professional with two working days and also how easy it is to book an appointment with a GP more than two days ahead.

If you are interested in attending please contact Dawn Turner on 01603 264362 or email on dawn.turner@nhs.net

Rememberyou can pre-book appointments a week to a month in advance.

Come in and speak to a member of staff or ring reception for more information.

Stay safe in the sun

- ☺ Wear a wide brim hat to protect your neck. Especially children
- ☺ Drink plenty of fluids (not fizzy drinks) to stay hydrated.
- ☺ Use a high UVA and sun protection factor.
- ☺ Keep babies in the shade at all times.
- ☺ Keep in the shade from 11-3 when the sun is at its most powerful—invest in an umbrella.



Order repeat prescriptions on line!

Just visit our website and follow the instructions. You can collect your prescriptions in 2 working days.

For up to date information and news visit our website
www.taverhampartnership.co.uk