

# Dorking Medical Practice Newsletter

November 2013

## **DON'T DELAY: BOOK FLU TODAY!**

We are encouraging adults and children at greater risk from the flu virus to get their free flu jab this winter.

Flu is a highly contagious infection that anyone can catch, and it can be really serious for some. People at most risk include those aged 65 or over, pregnant women, and those with health conditions such as severe asthma, chest or heart complaints, and diabetes.

This is also the first year an annual nasal spray flu vaccine is available for all children aged 2 and 3 years. Not only is it needle-free (a big advantage for children), the nasal spray works even better than the injected flu vaccine in children. It's quick and painless – just one squirt up each nostril will mean your child is less likely to become ill if they come into contact with the flu virus. Flu can be very unpleasant for children. They have the same symptoms as adults – including fever, chills, aching muscles, headache, stuffy nose, dry cough and sore throat lasting up to a

week. Some children develop a very high fever or complications of flu such as bronchitis, pneumonia and painful middle ear infection; they may even need hospital treatment.

The flu vaccine changes every year to fight the latest strains of flu, so even if you had a vaccine last winter you need another one this year. The vaccine doesn't contain the 'live' virus so it cannot give you the flu. If you're in any of the 'at risk' groups, the flu vaccination is completely free, and is a safe way of protecting you and your family in a matter of minutes.

Contact reception to arrange a convenient appointment and get vaccinated. It's quick, safe and free for those most at risk from the flu virus.

For more information, speak to your GP or local pharmacist, or visit [www.nhs.uk/flu](http://www.nhs.uk/flu)

## **STAFF CHANGES**

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We are delighted to welcome Dr Gemma Kong back after her time off to have a baby. However, her return means that we will not be seeing as much of Dr Lola Ozique, although we hope she will still help out from time to time. Dr Mackay and Dr Meena have also joined the team of regular doctors. Chris Harris will be helping Sue and Donna as part of the Healthcare Assistant team and behind the scenes, Clare and Beverlie have joined the Medical Secretary team. Ashleigh left reception to train as a nurse and Lisa will be replacing her shortly.



## Patient Survey

The 2013-14 patient survey will be available shortly both in the surgeries and on our website. We hope that as many patients as possible will take a few minutes to let us have feedback.

## Patient Group

Would you like to be involved in deciding what questions are asked of our patients in the survey? Sign up to our Patient Group at reception or complete the form on our website.

## Booking appointments

Not signed up yet for online

appointments? Just ask a receptionist and you can order repeat prescriptions from our website too.

## Shingles

Anyone with a birthday between 02.09.33 and 01.09.34 or 02.09.42 and 01.09.43 is eligible for the new shingles vaccination this year. The plan is to vaccinate everyone between 70 and 79 but with such huge numbers involved, the Department of Health chose to start with this group. If you have not already told us that you would like the vaccine, please contact reception.

## Rotavirus

Another new vaccination! This time to protect babies born on or after 1<sup>st</sup> May 2013 from this nasty virus which causes diarrhoea and vomiting.

## Nurses

Our experienced practice nurses are able to provide blood pressure checks, HRT, pill checks, heart disease checks as well as travel advice, vaccinations, family planning, dressings & wound care, INR (warfarin) monitoring, blood tests plus much more so please ask your receptionist if it may be more appropriate to see a nurse than a doctor.

## General Information

### New House Surgery opening times (01306 881313)

Monday, Tuesday & Wednesday	08.00 – 20.30
Thursday & Friday	08.00 – 18.30

### Hillside Surgery opening times (01737 843525)

Monday & Wednesday	08.30 – 13.00 and 16.00 – 18.00
Tuesday	08.30 – 13.00 and 15.00 – 17.00
Thursday	08.30 – 13.00 and 15.30 – 17.30
Friday	08.30 – 13.00

Please call after 14.00 for test results. Please allow two working days before collecting your prescription from the surgery and three days if collecting from a pharmacy.