

## Sidney House and The Laurels Surgeries

Produced by the Patient Participation Group [PPG]

### PPG Newsletter

The PPG aim to produce this newsletter quarterly and it will be circulated by the following methods:

- Email to those valid email addresses that are held by the surgeries
- Available from either Surgery (newsletter stands located in the reception area)
- On the surgery website

### Flu Clinics



We will be holding our Flu Clinics in October and all [eligible](#) patients are encouraged to book an appointment, or just turn up on our walk-in dates:

**Saturday 12<sup>th</sup> October – walk in at The Laurels**

**Monday 14<sup>th</sup> October – walk in at The Laurels**

**Tuesday 15<sup>th</sup> October – pre-booked appointments only at Sidney House**

**Wednesday 16<sup>th</sup> October – pre-booked appointments only at The Laurels**

**Thursday 17<sup>th</sup> October – walk in and pre-booked appointments at Sidney House**

**Friday 18<sup>th</sup> October – pre-booked appointments only at Sidney House**

### Who is eligible to have the flu vaccine?

Over 65's

Pregnant women

Carers

Patients with Asthma, COPD, Heart failure, Diabetes, weakened immune systems, Chronic Kidney Disease and certain neurological conditions

### Why have your vaccination at YOUR GP Surgery?

- We offer a setting where we can check your medical records and make sure you get the most suitable vaccine.
- We can offer protection for those who may be forgetful by reducing the risk of duplication in vaccines being administered.
- We offer a fast, efficient and friendly flu clinic service with your local surgery team (and we really enjoy our drop in flu clinic sessions, it gives us a nice break from our 'normal' work).
- We can ensure continuity of care for our patients and carers (we know you already).

**We have already ordered your vaccine; please support YOUR surgery by having your flu immunisation with us.**

### Pneumonia Vaccination:

The pneumococcal vaccine protects against serious and potentially fatal pneumococcal infections. These are caused by the streptococcus bacterium and can lead to pneumonia, septicemia and meningitis.



A pneumococcal infection can affect anyone, but some people are at higher risk of serious illness, so it is recommended that they are given the pneumococcal vaccination on the NHS.

These include:

- babies
- adults aged 65 and over
- children and adults with certain long-term health conditions, such as a serious heart or kidney condition

Babies receive 3 doses of this vaccine at:

- 8 weeks
- 16 weeks
- 1 year

People aged 65 and over only need a single pneumococcal vaccination or vaccination every 5 years, depending on their underlying health problems.

### MMR Vaccination:



The NHS state that the MMR vaccine is a safe and combined vaccine that protects against 3 separate illnesses – measles, mumps and rubella (German measles) – in a single injection. The full course of MMR vaccination requires 2 doses.

Measles, mumps and rubella are highly infectious conditions that can have serious, potentially fatal complications, including meningitis, swelling of the brain and deafness. They can also lead to complications in pregnancy that affect the unborn baby and can lead to miscarriage.

Since the MMR vaccine was introduced in 1988 it has been rare for children in the UK to develop these serious conditions. But there have been cases of measles in recent years, so it is important to make sure that you and your children are up to date with this vaccination.

The MMR vaccine is given on the NHS as a single injection to babies as part of their routine vaccination schedule, usually within a month of their first birthday. They will then have a second injection of the vaccine before starting school, usually at 3 years and 4 months.

Children up to the age of 18 who missed, or only partially completed their earlier MMR vaccination can have a 'catch-up' MMR vaccination on the NHS. The MMR vaccine can also be given on the NHS to adults who may need it.

**Check with your GP if you are not sure whether you have had the MMR vaccine.**

The MMR vaccine contains weakened versions of live measles, mumps and rubella viruses. It works by triggering the immune system to produce antibodies to fight against the infections.

Note: It is not possible for people who have recently had the MMR vaccine to infect other people.

Further information can be found on the NHS website.

**Note: This newsletter can be provided in larger print on request (please ask at reception).**