

# HORSMAN'S PLACE SURGERY



NEWSLETTER

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**FLU CLINICS**—If you're eligible for the flu vaccine, don't put it off, get it now

**Horsmans Place Surgery** is supporting the NHS Flu campaign.

Our two Saturday clinics this year are being held on 11th October and the 25th October. If you are eligible, you will have received a letter telling you when to attend dependent upon the first initial of your surname. If you cannot make your allotted time slot or day, please come in between 12 and 1pm on either of these two Saturdays.

All over the age of 65 and those who have long-term health conditions, or who are pregnant are at greater risk of developing complications as a result of flu.

The campaign is also targetting children aged 2-4. This is to protect them against flu and help to reduce its spread to those around them.

Flu is a highly infectious disease with symptoms that come on very suddenly. Healthy individuals usually recover in 2 to 7 days but for some, the disease can lead to hospitalisation, permanent disability or even death.

Those considered most at risk and in need of the vaccine include pregnant women who can suffer from serious complications such as pneumonia, miscarriage or having a baby too soon as a result of flu. People who have a long-term health condition, even one that is well managed, are also at increased risk of complications as a result of flu so should take this opportunity to be vaccinated.

**TELEPHONE QUEUING SYSTEM**—We are happy to announce that our cloud based queuing system is now up and running. What it will mean for patients: you will be told what ‘number’ you are in the queue, you can then make an informed decision around whether you are willing to hold on or call back later. Don’t forget, you can register with our online services to book your appointments online, all of our doctor’s pre-bookable appointments are published to the web and the ‘on-the-day’ slots are published first thing in the morning as the phone lines go on. Please visit [www.horsmansplacesurgery.co.uk](http://www.horsmansplacesurgery.co.uk) to register.

**GP REGISTRARS**—We now have a GP Registrar with us Dr Kat Vijay who will be with us for one year.

**SHINGLES VACCINATION**—You are eligible for the Shingles Vaccination which can reduce the severity and length of shingles symptoms should you contract it if you were aged 70 or 79 on 1st September 2014. Please book an appointment with one of our Practice Nurses to have this done.

**ASTHMA? COPD?** —if you have had a letter or know you are due a review, please book an asthma review or spirometry appointment with either Tina or Jackie, our Health Care Assistants.

**CHRONIC HEART DISEASE? HISTORY OF A STROKE OR TIA? HYPERTENSION?**—if you are due a BP check or your last BP was high, please book a routine appointment with your own doctor to have your review.

**DIABETES? RHEUMATOID ARTHRITIS? MENTAL HEALTH PROBLEMS?** —if you have had a letter or know you are due a review, please book a health review with either Janet or Sue, our Lead Nurses.