

Flu Vaccinations

Flu vaccination is available every year on the NHS to help protect adults and children at risk of flu and its complications.

Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week.

However, flu can be more severe in certain people, such as:

- anyone aged 65 and over
- pregnant women
- children and adults with an underlying health condition (such as long-term heart or respiratory disease)
- children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious complications of flu, such as pneumonia (a lung infection), so it's recommended that they have a flu vaccine every year to protect them.

The injected flu vaccine is offered free on the NHS annually to:

- adults over the age of 18 at risk of flu (including everyone aged 65 and over)
- pregnant women
- children aged six months to two years at risk of flu

Flu nasal spray vaccination

The flu vaccine is routinely given on the NHS as an annual nasal spray to:

- children aged two and three plus children in reception class and school years one, two, three and four.
- children aged two to 17 years at a particular risk of flu

School aged children who are not in an at risk category will be offered the vaccination at school.

Drop in Flu Clinic Dates

Offerton

Sat 23 Sep 8.30am -11.30am

Wed 4 Oct 4pm – 7.30pm

Hillgate

Sat 7 Oct 8:30am – 11:30am

Wed 16 Oct 4pm-7pm

**NO APPOINTMENT
NECESSARY**

65 and over - the flu jab

You are eligible for the flu vaccine this year (2017-18) if you will be aged 65 and over on March 31 2018 – that is, you were born on or before March 31 1953.

So, if you are currently 64 but will be 65 on March 31 2018, you do qualify.

Hillgate Update

The extension and renovation work at our Hillgate site continues to progress and is expected to be complete before the end of the year.

Thank you all for your continuing patience during the disruption.



Stockport Homes Resident?

Your Local Pantry was set up by Stockport Homes, a social landlord, to help local residents save money on their food bills.

Mottram Street Pantry is located in the Mottram Towers and is a community food store where residents are invited to sign up as a member for just £2.50 each week. In return, customers can choose a minimum of 10 items from a wide range of goods which include fresh fruit and veg, chilled and frozen items, toiletries and all your usual store cupboard favourites.

To find out more contact Anna Jones on 0161 474 4760 or on email at anna.jones@Stockporthomes.org

Alternatively, pop into Fred Perry House, counter number 9 on Thursdays between 3.30-4.30pm or on Fridays 10-11am to sign up as a member – all you need to bring is a letter as proof of address and your £2.50 subs

Off to University? Get your free MEN ACWY Vaccination

Teenagers and "fresher" students going to university for the first time are advised to have a vaccination to prevent meningitis and septicaemia, which can be deadly.

Students going to university or college for the first time, including overseas and mature students, who have not yet had the Men ACWY vaccine remain eligible up to their 25th birthday.

The Men ACWY vaccine is given by a single injection into the upper arm and protects against four different strains of the meningococcal bacteria that cause meningitis and blood poisoning (septicaemia): A, C, W and Y.

If you are eligible contact your GP to have the Men ACWY vaccine before starting university or college. If that's not possible, please ensure you have it as soon as you can after you arrive.

Don't forget you can now order repeat prescriptions online and book and cancel appointments online. Please ask at reception for details – it's simple to set up and use the service and can save you time.