



Flu (influenza) is a common infectious viral illness spread by coughs and sneezes.

It can be very unpleasant, but if you are otherwise healthy, you'll usually begin to feel better within a week or two.

However, Flu can be more severe in people in a 'clinical at risk group'. These include:

- Anyone aged 65 or over
- Pregnant women
- Children and Adults with an underlying health condition (heart, lung, kidney, liver, diabetes or neurological condition)
- Children and Adults with weakened immune systems

People in these risk groups are 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.

An injectable Flu vaccine is available for free on the NHS for:

- Adults over the age of 18 at risk of Flu (including everyone ages 65 and over)
- Pregnant women
- Children aged 6 months to 2 years **in a clinical at risk group**

A nasal spray Flu vaccine is available for free on the NHS for:

- Aged 2 or 3 on 31st August 2018 (i.e. date of birth on or after 1st September 2014 and on or before 31st August 2016)
- Children aged 2 – 17 years **in a clinical at risk group**
- Reception class and school years 1, 2, 3, 4 and 5 in school pilot areas

School aged children who are not in an at risk category will be offered the vaccination at school. WE ARE NOT ABLE TO OFFER THIS IN SURGERY.

Drop-in Flu clinics (NO APPOINTMENT NECESSARY)

WEEKEND CLINICS

Offerton Health Centre:

Saturday 15th September 8:30am – 11:30am
Saturday 3rd November 8:30am – 11:30am

Hillgate Surgery:

Saturday 13th October 8:30am – 11:30am

EVENING CLINICS

Offerton Health Centre:

Wednesday 14th November 4pm – 7pm

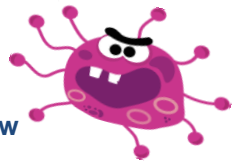
Hillgate Surgery:

Monday 12th November 4pm – 7pm



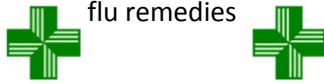
REMEMBER...

Choose to have your Flu vaccine at **YOUR** Practice where the team knows **YOU** and where **WE HAVE ACCESS TO YOUR MEDICAL RECORDS FOR CONTINUITY AND SAFETY.**



A PHARMACIST CAN HELP WITH FLU SYMPTOMS

They can give treatment advice and recommend



flu remedies

Help STOP the spread of Flu!

WASH YOUR HANDS often with warm, soapy water

USE TISSUES TO TRAP GERMS when you cough or sneeze

BIN USED TISSUES as quickly as possible

EXCITING NEWS!

The Practice is delighted to welcome 2 **Advanced Practitioners** to our Clinical team. They will be joining us in November. AP's are widely recognised in hospital settings but in the last few years a more specialist role has been developed for General Practice.

These Practitioners have a wide range of skills and broad based knowledge following completion of an accredited Master's Degree programme. This enables them to deal with a wide variety and range of presenting problems and health care needs which fall within urgent/acute episodes as well as long term/chronic conditions.

With their advanced level knowledge and skills they are able to issue medication, access diagnostic and screening services as well as refer for a secondary care opinion and will work collaboratively with the existing Clinical team.

PRIZE WINNER!

BIG congratulations to our receptionist Sue Thompson for winning her golf competition at Denton Golf Club during The President's Weekend in July. Sue won the ladies prize posting 34 points; 3 more than the runner up!



MOVEMBER

THE 7-DAY ACCESS PILOT SCHEME HAS BEEN EXTENDED

Extra routine appointments are available for both GP's and Nurse's until 8pm Monday to Friday, and between 9am-1pm **Saturdays, Sundays and Bank Holidays.**

Appointments available with a Nurse include reviews of your asthma, diabetes, COPD and any other chronic disease or illness; routine Smear tests; Contraceptive reviews; NHS Health Checks and New Patient Checks – making it easier for people who struggle to attend the Surgery for their reviews during the normal working week.

If you would like an appointment within this service, contact the Surgery and a receptionist will pass your details and contact number over to them along with the reason for your appointment, and they will contact you directly to arrange the appointment. You will be seen at

Mastercall Health Care, International House, Pepper Road, Hazel Grove, Stockport, SK7 5BW.

This extended pilot is running until the end of October when it is hoped the full 7-day service will be rolled out across various sites in Stockport.

Tell us what you think!

We would be grateful if you could complete this short survey so we can identify how to make improvements in our communications to you. Click on the link below to complete:

<https://www.surveymonkey.co.uk/r/QW9NVJ5>