

ST MARTINS GATE SURGERY

Issue 36

November 2017

** FLU CAMPAIGN **

Flu Saturday, 7th October - once again the patients arrived in large numbers through the course of the morning and at the time of producing this newsletter we have given over 1900 flu vaccinations!

A number of patients commented on how well the morning is organised and how well received our Flu Saturday Campaign is received. Patients and staff alike, look forward to the coffee and cake morning, with this years charity being St Richards Hospice. We raised a total of £227.95 and would like to say **thank you** to those who joined us on what is a very busy Saturday.



St. Richard's
Hospice
CARING FOR LIFE

** PLEASE REMEMBER **

If you have not done so already, there is still time to book in for your Flu vaccination. To check if you are eligible, please speak with Reception or visit our website.

See table below for our next flu clinic dates.

| ADULT FLU CLINICS | | | CHILD FLU CLINICS | | |
|---------------------|------|----------|----------------------|------------|----------|
| DATE | TIME | LOCATION | DATE | TIME | LOCATION |
| 2 ND NOV | AM | SMG | 2 ND NOV | AM | SMG |
| 7 TH NOV | AM | SMG | 23 RD NOV | AM + PM | SMG |



MOVEMBER - MEN'S HEALTH AWARENESS MONTH

1ST - 30TH November each year, Movember is responsible for the sprouting of moustaches on thousands of men's faces in the UK and around the world. The aim of which, is to raise vital funds and awareness for men's health, specifically prostate cancer and other cancers that affect men.

For more information visit the [Movember UK website](#).

SELF CARE WEEK

Self care week is an annual national awareness week that focuses on embedding support for self care across communities, families and generations. This year's theme is engaging and empowering people and the strapline is *Embracing Self Care for Life*.

More needs to be done to support people to better look after their own health. Empowering individuals to self care has many benefits for their short term and long term health and this is important since people are living longer. Helping people to look after their own health, and their family's health also helps to manage demand on Health Services.



Patient Participation Group

Patient Participation Group are still holding their drop in sessions. These are a great way to get your opinion across on how we can improve our services to benefit you, the patient.

Why not pop in, say hello and see if they can help you in anyway. They are available in reception to speak to you on the following dates:

- Wednesday 8th November @ **St Peters**
- Wednesday 15th November
- Monday 20th November
- Wednesday 22nd November
- Tuesday 28th November

**No Need to Knock
Come on In!**



The next Patient Participation Group meeting, being held on Wednesday 29th November, is an open invitation to all patients if they would like to attend.

'Living with or someone with Dementia'

PPG have arranged for a talk to take place on Thursday 23rd November at Waitrose Community Room starting at 7:15pm. Presented by David Pearson from The Alzheimer's Society.

This is open to all, please confirm if you would like to attend via email to colin.major@tesco.net



- 1** Check what you need... before placing your medication order.
- 2** Avoid stockpiling medicines. Only keep what is required.
- 3** Keep your repeat request slip up to date. Don't order medicines which you're not taking.
- 4** Speak to your GP or pharmacist... if you are getting side effects from your medication.
- 5** Do not share your medicines. Sharing your medicines can be dangerous and puts others at risk.
- 6** Take your un-used medication to a pharmacy... for appropriate disposal. It cannot be reused.
- 7** If your pharmacy re-orders your medication for you... make sure you inform them of any changes to your medication.
- 8** Remember! Medication can only be issued a certain number of times before it needs to be re-authorized. You may need to allow extra time for re-authorising as you may need to see your doctor.
- 9** If you have seen a specialist or been in hospital your medication may have changed. If the hospital gave you a letter please take it to your surgery as soon as possible.
- 10** If you are going into hospital or on holiday... remember to inform your GP and Pharmacy if you are away from home for longer than two weeks.

CATCH IT



Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.

BIN IT



Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.

KILL IT



Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.