



The Welby Practice

# Patient Newsletter

## Special points of interest:

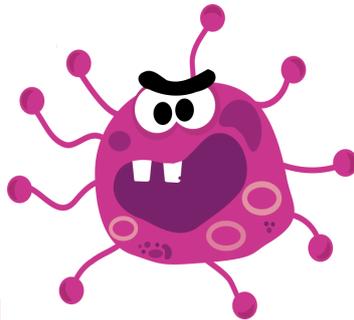
- Seasonal Influenza
- Shingles Vaccine
- Pneumococcal Vaccine
- Online Services
- Staff Update

## Asthma Care Plans for Children

If your child is an asthmatic please book your child in with a clinician to discuss their asthma needs and create a care plan tailored to their needs.

**Danger Button Batteries**  
Can be fatal if swallowed please keep them safely **AWAY** from children

## Seasonal Influenza Vaccine



Seasonal Influenza most commonly peaks between December and March (CDC, 2017).

If you are yet to receive your flu vaccine this season it's **not** too late. Please enquire at reception to see if you qualify for a vaccine through the NHS.

## Shingles Vaccine

A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to certain people in their 70s. The shingles vaccine is given as a single injection into the upper arm. Unlike the flu jab, you'll only need to have the vaccination once and you can have it at any time of the year. The shingles vaccine is expected to reduce your risk of getting shingles. If you are unlucky enough to go on to have the disease, your symptoms may be milder and the illness shorter. The Practice is holding special clinics for these please see the eligibility criteria below and book in for one should you qualify and choose to have one.

**AGE:** The age you will be on 1 September 2016

<p><b>69</b> or under i.e. born on or after 2 September 1946</p>	<p><b>70</b> i.e. born between 2 September 1945 and 1 September 1946</p>	<p><b>71</b> i.e. born between 2 September 1944 and 1 September 1945</p>
<p><b>72</b> i.e. born between 2 September 1943 and 1 September 1944</p>	<p><b>73</b> i.e. born between 2 September 1942 and 1 September 1943</p>	<p><b>74 to 77</b> i.e. born between 2 September 1938 and 1 September 1942</p>
<p><b>78</b> i.e. born between 2 September 1937 and 1 September 1938</p>	<p><b>79</b> i.e. born between 2 September 1936 and 1 September 1937</p>	<p><b>80</b> or over i.e. born on or before 1 September 1936</p>

## Pneumococcal Vaccination

The pneumococcal vaccine protects against serious and potentially fatal pneumococcal infections. It's also known as the "pneumo jab" or pneumonia vaccine.

Pneumococcal infections are caused by the bacterium *Streptococcus pneumoniae* and can lead to pneumonia, septicaemia (a kind of blood poisoning) and meningitis. At their worst, they can cause permanent brain damage, or even kill.

### Who should have the pneumococcal vaccine?

A pneumococcal infection can affect anyone. However, some people are at higher risk of serious illness and can be given the pneumococcal vaccination on the NHS. These include:

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

There are special clinics being held at the practice. If you are eligible you should have received a letter inviting you for one please book in at reception.

## Online Services

**Register for text reminders.** To make life easier you can now register to receive information by text message on your phone regarding appointments and health care. Registering is easy please enquire at reception.

If you wish to utilise online services for ordering repeat prescriptions and making/cancelling appointments contact a receptionist so that a username and password may be

## Staff update

This new year has already seen some changes to the team. We have three new members to our team, Georgia who is our new receptionist, Grace who has joined the team as both a Receptionist and Health Care Assistant and Leoni who is our new dispenser/receptionist. We would like to wish them a very warm welcome to our team and hope they all enjoy working at The Welby Practice.

ANP Jo Perez and receptionist Jo-Ann Geeson have left the practice. We have Donna, Devereux, Advanced Nurse Practitioner joining the practice in March. Donna will be an asset to the team and wish her the best of luck in her new role here at The Welby Practice.