

HEATH LANE SURGERY NEWSLETTER: August 2018

GP REGISTRARS

We are very pleased to welcome back Dr. Krishan Patel and Dr. Adil Vania who are completing their final year of training in order to become a GP and will be with the practice for 12 months.

We are also pleased to welcome Dr. Sarika Premi who will be with us for 4 months.

You may be offered an appointment with one of our GP Registrars; please be reassured they are fully qualified doctors who are wishing to become GPs or are consolidating their training.

DON'T GET THE 'FLU THIS WINTER

Why not come to one of our Drop-In Clinics?

On

Monday, 1st October 2018

10.00 – 12.30

Wednesday, 3rd October 2018

9.00 – 12.30

Friday, 5th October 2018

10.00 – 12.00

NO APPOINTMENT REQUIRED

OR

Make an appointment for our

'Flu Clinic on

Saturday, 24th November 2018

You should have the 'flu vaccine if you:-

- Are 65 years of age or over (You are eligible if you were born on or before 31.3.1954)
- Are pregnant
- Have certain medical conditions
- Are living in a long-stay residential care home or other long stay care facility
- Receive a carer's allowance or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill.

Frontline health and social care workers are also eligible to receive the 'flu vaccine; it is your employer's responsibility to arrange and pay for this vaccine.

For more detailed information visit:

www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine

VETERANS

Are you or a member of your family or a friend a veteran?

Please see the notice board in our second waiting area for information regarding local support organisations who may be able to provide helpful advice regarding employment, finances and housing to independent living, mental wellbeing, physical health and families and communities.

Look for the poppies on the notice board for more details of organisations who may be able to provide help and/or support.

CARERS

If you are a carer please see the Carers' Information notice board in the main waiting area which has been updated. There is also a new information folder which has been added to the folders which are available in the second waiting room which providing additional information.

PREVENTING FALLS

If you, a friend or relative have fallen in the last year or are worried about falling there is support and information available. You can make simple changes to your home which will help reduce your risk of falls. Some older people may be put off by asking their GP and other support services about preventing falls. FIRST CONTACT PLUS works with the NHS Falls Team which includes a range of staff offering a

consultant/therapy clinic, falls programme, referral to any relevant agencies to support you with other needs, provide you with equipment, advice and education.

For more information visit the First Contact Plus website:

<http://www.firstcontactplus.org.uk/our-services/falls/preventing-falls>

Telephone: 0116 3054286

Email: firstcontact@leic.gov.uk

If you would like to self-refer you can do this via the website.