

Andover Medical Centre Newsletter

Issue 6: December 2018

Andover Medical Centre, 270-282 Hornsey Road, London N7 7QZ Tel:020 7281 6956 andover.medical-centre@nhs.net www.theandovermedicalcentre.co.uk



Patient Participation Group

PPG Group at Andover Medical Centre

“The Andover Patient Participation group is open to all patients. We meet every three months to talk about the practice, developments in the services of the NHS with particular insight to the practice itself. Views are aired freely and respect is shown for the diversity of opinions. We discuss best practice within Andover Medical Centre and consider patients and staff points of view. We would like you to join us!

*The next meeting is on: **Monday February 11th 2019 at 6pm***

We hope to see you then!”

(Anne Cannon - Andover Medical Centre PPG member)

How to join our PPG:

Please enquire at the reception desk or email the practice at: andover.medical-centre@nhs.net

If you are interested, please download our [Patient Participation Registration Form](#) from the practice website and return the completed form to us. You can also collect the PPG application form from the reception desk.

We also have a Virtual PPG (vPPG). Please contact us at andover.medical-centre@nhs.net if you wish to join our Virtual PPG group and we will add you to the vPPG mailing list.

Practice Open Day

Dear Patients,

Andover Medical Centre team would like to invite you to our Open Day on:

Wednesday 19th December 2018
2PM - 5PM

in the surgery waiting room.

Join us for refreshments and mince pies!

Meet the team

Same day NHS Health Checks and Flu jabs (eligible patients only)

Advice from:

- * **Islington Age UK**
- * **Patient Self-Management Service**
- * **Diabetes Prevention Programme advisor**
- * **SHINE – (Energy Advice Officer)**
- * **Fire Brigade**
- * **Practice based services (Healthcare Assistant, Mental Health team representative)**
- * **Better Lives Service (Drug and Alcohol advisor)**



Flu vaccinations

Time to get your flu jab!

We are now offering Flu vaccinations at the practice.

Flu (also known as influenza) is a highly infectious illness caused by the flu virus. It spreads rapidly through small droplets coughed or sneezed into the air by an infected person. For most people, flu is unpleasant but not serious. You will usually recover within a week.

Studies have shown that flu vaccines provide effective protection against the flu, although protection may not be complete and may vary between people. Protection from the vaccine gradually decreases and flu strains change over time. Therefore, new vaccines are made each year and people at risk of flu are encouraged to be vaccinated every year.

The flu vaccination is offered to people in at-risk groups. These people are at greater risk of developing serious complications if they catch flu,

such as pregnant women and elderly people.

Vaccinations are offered to patients over 65 years of age, housebound patient, pregnant women and at risk patients. Patients considered to be at risk are those who suffer with the following conditions: Asthma, Bronchitis, Chest problems, Heart Disease, Liver Disease, Diabetes, Kidney Disease, Obesity or a Disease of Immune System.

If you are a carer of a patient with any of the above long term conditions and registered with the practice, you may also be entitled to a flu vaccination.

It is also recommended that pregnant women are vaccinated.

If you have any query about your entitlement to a flu vaccination, please call the surgery and the Practice Nurse or the Health Care Assistant will be happy to advise you.

Protect your child against flu this winter!



Public Health
England

NHS

We are offering intranasal flu vaccinations to children who are 2-3 years old and children under 18 years of age who are living with a chronic condition and who are therefore at higher risk of getting the flu.

Flu can be an unpleasant illness and sometimes causes serious complications. Vaccinating your child will also help protect more vulnerable friends and family by preventing the spread of flu.

The vaccination is free and recommended for young children, and will be given by a quick and simple spray up the nose.

Please make an appointment with our Practice Nurse for your child's flu vaccination.

**Call our telephone number:
020 7281 6956**

Or book your child's appointment at the reception desk.

5 reasons to vaccinate your child against flu

- ✓ **1. Protect your child.** The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia
- ✓ **2. Protect you, your friends and family.** Vaccinating your child will help protect more vulnerable friends and family
- ✓ **3. No injection needed.** The nasal spray is painless and easy to have
- ✓ **4. It's better than flu.** The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
- ✓ **5. Avoid costs.** If your child gets flu, you may have to take time off work or arrange alternative childcare

What should I do?

Children aged two and three years old are offered this vaccination in general practice. Your child's GP surgery should contact you. If you haven't heard from their GP by early November, contact them directly to make an appointment.

Children in reception class and school years 1, 2, 3 & 4 will be offered the vaccine at school. Your child's school will provide details from the local healthcare team.

For more information visit
www.nhs.uk/child-flu

