

# Practice Newsletter

WINTER2015/16

Dr Julian Mahadana & Partner  
Riverside Centre For Health  
Park Street, Liverpool, L8 6QP



Tel : 0151 295 9239

Fax: 0151 709 0348

Surgery opening times: 8:30am to 6:30pm Monday to Friday

Contactable by telephone: 8:00am to 6:30pm Monday to Friday

OUT OF HOURS... If you require medical intervention when the surgery is closed please call 111 directly for the out of hours services

We would like to wish all our patients a very merry Christmas and a happy new year!!



## COPD & ASTHMA PATIENTS & WINTER SEASON...

We advise our COPD & ASTHMA patients to really take care this winter and use the following tips to stay well.

Self Care

Taking your medication

Regular reviews

Flu Jab

Pneumonia Jab

Check the weather

Watch what you breathe in.



**PLEASE SEE OUR PRACTICE NURSE FOR FURTHER INFORMATION REGARDING STAYING WELL THIS WINTER!**

**CHOOSE WELL!...To help ease the pressures of A&E this winter please look below to see which service are available for you when you're feeling ill.**

Can I treat myself at home?

Could my Pharmacist help?

Have I considered going to my GP?

Could I call NHS direct 111?

Could I go to my Out of Hours? Have I considered going to the Walk in Centre?

Is it an emergency, do I need to go to A&E?



## When to have the flu jab?...

We advise you to have a Flu jab during Autumn months so you can avoid the flu during your winter break.. Flu vaccinations are free of charge for people in our 'risk' category.

- Chronic Lung Disease
- Diabetes
- Heart Problems
- Liver or Kidney Disease
- Lowered Immunity
- Neurological Disease

Or If you are

- 65 or over
- Pregnant
- A carer
- A child with a chronic disease



**All children aged two, three and four on August 31 2015. That is with a date of birth on or after September 1 2010 and on or before August 31 2013.**

Here at Dr J Mahadana & Partner Practice we are offering FREE flu protection in the form of a nasal spray. If your child fits into the above age category please see reception to book an appointment.



### Pneumonia

#### Vaccination...

Here at Dr J Mahadana & Partner Practice we are offering free Pneumococcal vaccines for...

Babies

People aged 65 and over  
Anyone between the ages of two and 65 with a long term health condition.

See reception for further details



### Meningococcal ACWY vaccine...

If you are in the following categories you are entitled to a FREE Meningococcal vaccine.

School year 13 / DOB 01/09/1996 – 31/08/1997)

University entrants up to age 25

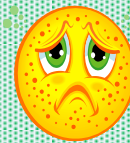
**SEE RECEPTION TO BOOK YOUR APPOINTMENT!**



### Measles Catch up campaign...

We are offering a FREE MMR vaccine to anybody in the following categories

- Aged 10-44
- Missing MMR1 vaccine
- Missing MMR Booster
- Missing MMR 1 & MMR Booster



**Please see reception for further details.**

### Vac & immunisations...

#### Free Shingles vaccine for patients...

Age 70, 71, 78 or 79 on or after the 1st September 2015.

Are you pregnant?... We are offering a **FREE** whooping cough vaccination to all our pregnant patients between the gestation weeks of 28-38. Which will help protect your baby in their early stages of life.

Babies 6-15 wks... A **FREE** oral vaccine against rotavirus infection, a common cause of diarrhoea and sickness, is now available.

New born babies... A **FREE** HEP B vaccine will be given to all new born babies with a mother with a HEP B status.

**ASK AT RECEPTION FOR DETAILS**

**Contact...** Please ensure we have your current mobile number and email address. This will help us to communicate effectively on any health campaign and other health information for you.



### Need help to change your lifestyle?...

Do you want to change to a healthier diet and lose weight, become fitter and more active, stop smoking, drink sensibly or reduce stress and anxiety?

If you answered 'yes' to any of those questions, contact Reception to arrange an appointment for you to see the Health Trainer. The Health Trainer clinic is held at the practice on a Friday.



### Patient Participation Group...

If you are interested in being part of the patient group and want to get involved in shaping the future of your practice. Let reception know!



### Patient Access...

We are offering on-line patient access to our patients here at Dr J Mahadana & Partner Practice, Riverside Centre for health. This is a service that allows you to book your appointment on line, order prescriptions on line, and view sections of your medical records. If you are interested in this service please speak to any member of staff and we will print your password out which allows you to log on and sign up for the service.



**If you have any comments/ suggestions about our newsletter please do not hesitate to contact Lisa Williams Practice Manager on [Lisa.Williams2@livgp.nhs.uk](mailto:Lisa.Williams2@livgp.nhs.uk)**