

# PRACTICE NEWSLETTER

AUTUMN 2016



**GP Practice—Riverside**  
**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

## Autumn, What's New?...

### Beware of the Flu



#### FLU CLINICS....

**5th , 12th, 19th & 26th October 2016. Including drop in clinics to suit our patients!**

**What is Influenza?...** Flu is an infectious and common viral illness spread by coughs and sneezes. You can catch flu - short for influenza - all year round, but it is especially common in winter, which is why it is also known as 'seasonal flu'.

**When to see a GP?...** If you are otherwise fit and healthy, there is usually no need to see a doctor if you have flu-like symptoms. The best remedy is to rest at home, keep warm and drink plenty of water to avoid dehydration. You can take paracetamol or ibuprofen, to lower a high temperature and relieve aches. You should see a doctor if you have flu-like symptoms and you:

Are 65 or over

Are pregnant

Have a long-term medical condition such as diabetes, heart disease, lung disease, kidney or neurological disease

Have a weakened immune system

Are a child

**How can it be caught?...** The flu virus is spread in small droplets of fluid coughed or sneezed into the air by an infected person. These droplets can travel a meter or so and infect anyone within range who breathes them in. You can catch Flu by handling items touched by an infected person or by inhaling the virus. Similarly if you have flu and touch common hard surfaces such as door handles, with unwashed hands, then other people who touch

**How to help stop the spread of Influenza?...** You can stop yourself catching flu in the first place or spreading it to others by being careful with your hygiene.

Always wash your hands regularly with soap and water and:

Regularly clean surfaces such as your keyboard, telephone and door handles to get rid of germs. Use tissues to cover your mouth and nose when you cough or sneeze. Put used tissues in a bin as soon as possible

#### **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.

Patients aged 65 and over

Patients under 65 years of age who has a medical condition listed on page 4, including children and babies over six months of age

All pregnant women, at any stage of pregnancy

All two-, three- and four-year-old children

•All children in school years 1, 2 and 3

Patients living in a residential or nursing home

Patients who care for an older or disabled person

Household contacts of anyone who is immunocompromised



**Free Flu protection for all children all two, three or four years of age, ie born between 1 September 2011 and 31 August 2014**

Here at GP Practice—Riverside 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 GP Practice – Riverside we are offering free Pneumococcal vaccines for...

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...

Young teenagers and 'fresher' students going to university up to age 25 are eligible for a free MEN ACWY vaccine.

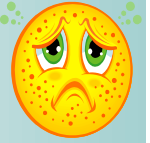
The Men ACWY vaccine is given by a single injection into the upper arm and protects against four different causes of meningitis and septicaemia – meningococcal (Men) A, C, W and Y diseases



## Measles Catch up campaign...

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

- 16 years and over
- Missing MMR1 vaccine
- Missing MMR Booster
- Missing MMR 1 & MMR Booster
- **Please see reception for further details.**



## Vac & immunisations...

### Free Shingles vaccine for patients...

- Patients aged 71, 72 and 73 on 1 September 2016
- Patients aged 79 on 1 September 2016

**Are you pregnant?...** We are offering a **FREE** whooping cough vaccination to all our pregnant patients between the gestation weeks of 20-38. 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**

## Citizens Advice Bureau...

Did you know you can now be referred to see a CAB representative here at Riverside Centre for Health?...

We can refer vulnerable clients for help with the following...

**Fuel Disconnection**

**Evictions**

**Benefit Suspension or Cut off**

**Job Loss**

**High Interest Lending (loan sharks and pay day loan providers)**

**Bailiff Action**

**Complex Debt Issues**

**Budgeting and managing a household budget**

**Understanding Credit and Financial Services**

**Domestic Abuse**



## 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...

Are you aware of on-line patient access? Here at GP Practice – Riverside we provide 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)

**Contact...Please ensure we have your current mobile number and email address.**

