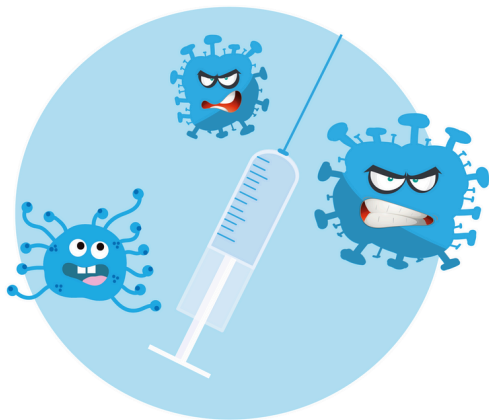




WELCOME TO OUR

Quarterly Newsletter

◆◆
FLU SEASON IS HERE!

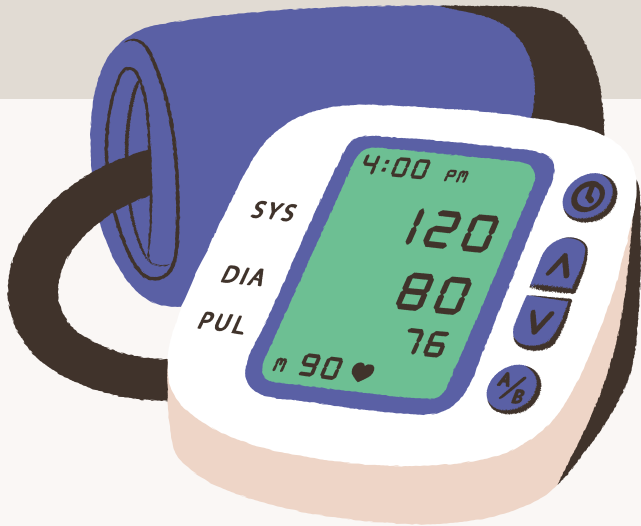


Flu season is here and our invites for the free flu vaccine have started being sent out to eligible patients. The flu vaccine helps protect against flu, which can be a serious or life-threatening illness. It's offered on the NHS every year in autumn or early winter to people at higher risk of getting seriously ill from flu.

Most eligible adults will be able to get the flu from 3rd October 2024. This may be later than you've had it before, but it means you'll have the best protection when flu is most widespread. Pregnant women and children aged 2-3yrs may have their vaccine from September 2024.

↓ In this newsletter you will find:

Latest updates, current campaigns, and more. Keep Reading!



Know Your Numbers campaign

KNOWING YOUR BLOOD PRESSURE NUMBERS CAN HELP YOU MANAGE YOUR RISK

The surgery would like to raise awareness of high blood pressure, encouraging all adults to get a blood pressure check.

Your blood pressure is very important no matter your age. High blood pressure is not simply a part of growing old. You can take steps to know your numbers and lower them if it's high. So why not power up and make a start today?

You can book in with our Health Care Assistant (HCA) or visit the pharmacy to get your blood pressure done.



Support your GP surgery by having the Flu vaccine with us !

How to get the free flu vaccine at your GP surgery?

We made it easy for you:

- 1.No Appointment Needed:** Simply attend the clinic based on the first letter of your surname.
- 2.Missed Your Day?** No problem! Attend the next available clinic.
- 3.Ad Hoc Vaccinations:** If you're visiting the practice, you can request the flu vaccine from the receptionist.
- 4.During Appointments:** You can also receive the flu vaccine during any pre-booked appointment. We are arranging for special visits for our housebound patients.

Check the Flu Plan from page 4



Respiratory syncytial virus (RSV) Vaccine

The RSV Vaccine helps reduce the risk of Respiratory Syncytial Virus (RSV) causing serious problems such as pneumonia and bronchiolitis.

Who's at risk from RSV?

- babies under 6 months old
- adults over 75 years
- babies, children and adults with a weakened immune system

RSV Vaccination is recommended if

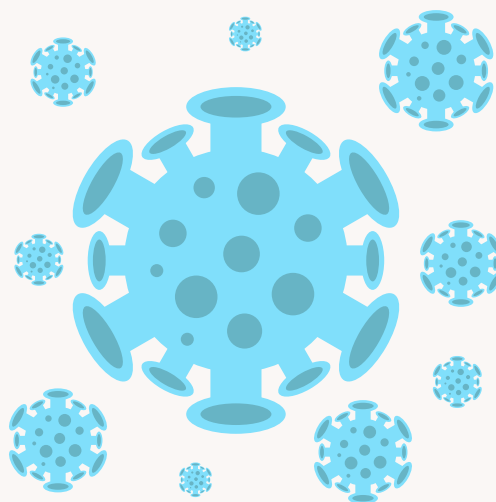
- you're pregnant (from 28 weeks of pregnancy)
- you're aged 75 to 79

If you're aged 75 to 79, we will contact you about getting vaccinated.

If you're 28 weeks pregnant or more, you can speak to your maternity service about getting vaccinated.

Useful link to check for more information:

<https://www.nhs.uk/conditions/respiratory-syncytial-virus-rsv/>



Covid-19 Autumn Booster

Who's eligible for the 2024 COVID-19 vaccine, or 'Autumn Booster'?

- adults aged 65 years and over
- residents in a care home for older adults
- individual aged 6 months to 64 years in a clinical risk group
- frontline NHS and social care workers, and those working in a care home for other people

COVID vaccinations will be administered centrally by the Primary Care Network (PCN) through drop-in clinics at Marlborough House. More information will follow, and we will update our website accordingly. Home visits for housebound patients will be arranged by the same service.

<p>FLU WALK-IN CLINICS OCTOBER 2024</p>	<p>Who Can Attend? AGE</p>	<p>FIRST LETTER OF SURNAME</p>
<p>Saturday 5th October 9am - 1pm Level 3</p>	<p>Over 65</p>	<p>A+B+C+D+E+F+G and anyone who cannot attend the next walk in clinics;</p>
	<p>18-64 at risk</p>	<p>A+B+C+D+E+F and anyone who cannot attend the next walk in clinics;</p>
<p>Saturday 12th October 9am - 1pm Level 3</p>	<p>Over 65</p>	<p>H+I+J+K+L+M+N+O+P and anyone who couldn't attend the previous walk in clinic;</p>
	<p>18-64 at risk</p>	<p>G+H+I+J+K+L+M+N+O and anyone who couldn't attend the previous walk in clinic;</p>
<p>Saturday 19th October 9am - 1pm Level 3</p>	<p>Over 65</p>	<p>Q+R+S+T+U+V+W+Y+Z and anyone who couldn't attend the previous walk in clinic;</p>
	<p>18-64 at risk</p>	<p>P+Q+R+S+T+U+V+W+X+Y+Z and anyone who couldn't attend the previous walk in clinic;</p>
<p>Saturday 26th October 9am - 1pm Level 3</p>	<p>Over 65</p>	<p>Booked appointments for anyone who missed previous clinics;</p>
	<p>18-64 at risk</p>	<p>Booked appointments for anyone who missed previous clinics;</p>

Consent and sharing information

All clinical and administrative staff working in the NHS have a legal duty to keep information about you confidential. The clinicians will not disclose information about your health without your permission. This means you can tell others about your visit at the surgery, but we won't!

Disclosure to Third Parties

At Station Practice, we take your privacy seriously. This includes your medical records, which contain sensitive information about your health. Sometimes, you may wish to share this information with someone else, such as a family member or carer. This is where third-party consent comes in.

Third-party consent means giving someone else permission to access your medical records. It's important to understand that this is a significant decision with potential implications.

If you wish to go ahead and organise third-party consent you can simply complete a form with the representative you are allowing access and return this to the Practice.

In summary, if we do not have your explicit consent to share information from your medical records, we will not share it, even with a family member.



APPOINTMENTS NOT ATTENDED
IN AUGUST
468

Contact number 01424 464756

WWW.THESTATIONPRACTICE.CO.UK

Cancelling your appointment!



IF YOU CAN'T MAKE IT, CANCEL IT
Forgetting to cancel your unwanted GP appointment can prevent someone else from being seen. So if you can't make it, cancel it. Missed appointments are one of the main factors which contribute to a strain on time and resource within the NHS, so reducing them is essential for both improving patients' access to health services and reducing the demand for appointments.

There are things you can do to help reduce DNAs:

- Cancel your appointment by phoning us on 01424 464 756, Monday to Friday or by using the 'cancel' option on your Online Access account or by texting back on the appointment reminder 'CANCEL'
- Make sure all your details are up-to-date next time you visit your GP – that way we can send you text reminders;
- Put the date in the diary or an alert in your phone so you definitely won't forget!

Explore Our Information Corners: **Helpful Resources for Adults and Young People**

We are pleased to inform you that we have a leaflet area for adults on Level 3 and a leaflet corner for young people on Level 2.

There is also a stand with easy-read guides available for everyone.

We update these regularly and hope you find the information useful.

Feel free to check them out during your visit! And don't forget to check out our website for more information.

Contact number 01424 464756

WWW.THESTATIONPRACTICE.CO.UK