

WILLINGHAM & LONGSTANTON SURGERIES

Reception Tel: Willingham 01954 260230 Longstanton 207600 Dispensary 260073

District Nurse Team: 01223 726469 Option 2 Health Visitors: 01954 207612

Out of hours cover: Ring 111 Website: [www.willinghammedicalpractice.nhs.uk](http://www.willinghammedicalpractice.nhs.uk)

Missed Appointments in August 2015 = 79 (15 hours of lost Doctor/Nurse time)

Please help us to reduce this figure by cancelling any unwanted appointments!!!

Mobile Telephone Numbers – Please update the Surgery with your latest mobile number.

New Vaccinations – Meningitis B is being added to the routine baby immunisation schedule from 1<sup>st</sup> September '15. Babies born on or after July 1<sup>st</sup> 2015 will receive the new vaccination at 2 months, 4 months and 12/13 months old. Meningitis B is now the most common cause of bacterial meningitis in children. Meningitis C has become a rare disease since the start of routine immunisation against it in 1999. Babies born between the 1<sup>st</sup> May'15 and 30<sup>th</sup> June'15 will be offered a catch up vaccination when they attend for their 2<sup>nd</sup> and 3<sup>rd</sup> immunisation visit.

There has also been an increase in the incidence of Meningitis W and Public Health England has instigated a vaccination programme to protect adolescents. The current vaccination given in school against Meningitis C will now be replaced by the Meningitis ACWY. For those adolescents who left school this year (DOB between 01/09/96 and 31/08/97), this vaccination will be given in surgery. It is strongly recommended that those in the above age group contact us to make an appointment to receive this vaccination.

Flu Season approaches yet again - The usual Flu Clinic will be in place and advertised in the surgery. Please remember to book your appointment. The Flu vaccination is recommended and is free under the NHS to all people of 65 years and over, pregnant women, and to those of any age with a long term medical condition, for example diabetes, heart disease, kidney or liver disease, asthma or any breathing disorder. Please enquire if you are unsure whether you qualify. Carers (in receipt of Carers Allowance) are also eligible.

Private flu vaccinations are available at a cost of £10 for those who are not eligible for free NHS flu vaccination. Please ask in pharmacy.

Flu vaccines for children The campaign to reduce flu in the community by vaccinating healthy children continues this winter. Children born between 1/9/10 and 31/8/13 inclusive can receive a flu vaccination, given in the form of a nasal spray (not an injection). These should be available in early October. Please contact the surgery to make an appointment.

The Shingles Vaccination Rolling Programme is also continuing this autumn. There are strict eligibility criteria and the vaccines are available free this year only to the following groups – 1) Patients born between 2/9/42 and 1/9/45 and 2) Patients born between 2/9/35 and 1/9/37. If you fall into one of the above age groups please contact the surgery to make an appointment. Unfortunately it will not be possible to give the shingles vaccination in your flu clinic appointment.

Patient Surveys Both the practice and the pharmacy are required to conduct a patient survey on an annual basis. You may be asked to complete a questionnaire when you attend the surgery and we would like to thank you in advance for your co-operation. We are always happy to receive your feedback either on the website, or in our patient comments boxes, or by email to [willinghammedicalpractice@nhs.net](mailto:willinghammedicalpractice@nhs.net) This helps us to review and improve our service.

Carers Support Meetings The next carers meetings are on Wednesday 7<sup>th</sup> October 2-4pm and Wednesday 11<sup>th</sup> November 2-4pm. There will be no meetings in December or January but they will start again in February 2016. For the October Carers meeting Karen has organised for the Carerstrust to visit and they will be able to give advice and support with form filling, financial queries and general carer's problems. It is an informal meeting with a cup of tea and lots of chat so come along and get some support.

Acknowledgements We would like to extend our grateful thanks to the families and friends of Mary Jacques for their generous donations to our Surgery Equipment Fund in memory of their loved one who passed away recently.

*Sharon Unwin – Manager – October 2015*