

October Newsletter 2016

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Don't Underestimate the Risks of Flu:



The next adult flu clinic will take place at the surgery on **Saturday 8th October, 2016, between 9am and 1pm.** Book your appointment now.

If you can't make it to the flu clinic, the surgery has appointments allocated for flu vaccinations every day during October.

Please see a receptionist or give us a call on 01226 743221 to book your appointment today.

A flu vaccination is recommended if you are:

- Pregnant (you can have your flu vaccination at Walderslade Surgery).
- Aged 65 or over.
- A person with diabetes.
- Receiving a carer's allowance or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill.

Or if you have a long-term condition of the:

- Lungs (e.g. some asthmatic or COPD patients).
 - Heart.
 - Brain or nervous system.
 - Kidneys.
 - Liver.
 - Immune system.
 - Spleen.
- (This list of conditions is not definitive).

A flu vaccination is still the best option for protection against flu. Therefore, if you're in one of the groups above don't underestimate flu – book for your jab today or talk to a GP or practice nurse for more information.

Flu Jab Side Effects:

After the flu jab you may get a mild fever and slight muscle aches for a day or so.

If you have a sore arm after the vaccination, try these tips to ease the discomfort:

- Continue to move your arm regularly; don't let it get stiff and sore.
- Take a painkiller (as long as you are not allergic to these). Do not give aspirin to children under 16 years of age.

The flu jab cannot cause flu because there are no active viruses in the vaccine.

If you have what you think is flu after vaccination, it may be that you have caught a flu-like virus that isn't really flu, or you may have caught flu before your flu vaccination had taken effect.

Serious allergic reactions (anaphylaxis) to flu vaccines are very rare. Healthcare staff who give vaccinations are fully trained to deal with anaphylaxis and, with prompt treatment, individuals make a quick and complete recovery. Contact a GP if you experience severe side effects that are not improving over time.

For further information about flu vaccinations visit www.nhs.uk

Falls Prevention Initiative for Older People:

Hoyland Milton and Rockingham Ward Alliance are working to reduce the risk of slips, trips and falls in older residents. They will be hosting a 'Sloppy Slippers' launch event at **10am on Friday 7 October at Hoyland Market** (off Southgate). At the event they will meet with members of the community to highlight the importance of ageing well and looking at potential falls risks around the home.

If you are interested, please pop along to the event, or if you would like to receive further information on this and other local community initiatives contact Dawn Grayton, South Area Team, Barnsley MBC, The Hoyland Centre, High Croft, Hoyland S74 9AF. Telephone 01226 355865 or email dawngrayton@barnsley.gov.uk



7th October
10: AM TO 2:PM
Launch Event

Hoyland Milton & Rockingham Ward Alliance
Slips, Trips and Falls Prevention

Hoyland Market
Off Southgate Hoyland

Other events at:-
Cloughfields Centre 14th Oct
Rockingham 20th Oct
Jump WMC TBC Nov
Hoyland Common Salvation Army Citadel TBC Nov

Ward Alliance members working together to reduce the risk of Slips, Trips and Falls in our older residents.

Sloppy Slippers is a Falls prevention Initiative for older people.

Love where you Live

Small logos for: Barnsley Council, The Forge Community Partnership, and other local organizations.

Alternatively hard copy slips to request information are available to complete and send to the Ward Alliance. Slips can be found in Walderslade Surgery waiting room or at Hoyland library.

Patient Contribution to the Monthly Newsletter:

We would like to introduce a 'patient's contribution section' to our monthly newsletter. This follows the suggestion by some patients and endorsement by the surgery's Patient Participation Group.

We would like to invite any patients registered at the practice to submit suitable items or articles for consideration and possible inclusion. Please note that any items submitted will be published only at the discretion of the practice management team.



On 21 October, 2016, thousands of people across the country will take part in **wear it pink** to stand together, united against breast cancer.

October is Breast Cancer Awareness Month, a worldwide annual campaign involving thousands of organisations, to highlight the importance of breast awareness, education and research.

Staff here at the surgery will be taking part by wearing something pink and donating whatever they can. Join us if you want to!



Home Visits:

- All requests for a home visit will be assessed to ensure they are appropriate and to determine the urgency of medical need. Please be prepared to give the receptionist as much detailed information as possible.
- Patients do not have an automatic right to a home visit; however our patients should feel they can ask if they believe they need one.
- If you require a non-urgent home visit, please call the surgery **before 11am**.
- Remember when visiting patients at home, GPs do not have the facilities which the surgery environment can provide.
- Unsuitable reasons for a home visit: No transport or money, social reasons or for convenience or other help is more appropriate.