

# NEWSLETTER

## HILLVIEW MEDICAL CENTRE

SEPTEMBER 2014

### SHINGLES VACCINE – BOOK NOW

Were you aged 70, 78 or 79 on 1<sup>st</sup> September 2014? If so you will be eligible to receive a shingles vaccine this year. This vaccine reduces the chances of you developing shingles, an infection of a nerve and skin around it.

Please make an appointment with the practice nurse or let the receptionist know if you do not wish to receive this vaccine.

### FLU VACCINATIONS – BOOK NOW FOR OCTOBER CLINICS

If you are aged over 65, or have one or more of the *following conditions*, please make an appointment now to have your flu vaccine. If you do not wish to have a flu vaccine despite being eligible for one, please let the receptionist know, in order to prevent us from contacting you.

*Chronic Respiratory Disease, Chronic Heart Disease, Chronic Kidney Disease, Chronic Liver Disease, Stroke, Diabetes, immuno suppressed or pregnancy.*

This year we are also offering the nasal flu spray to all **children** aged 2, 3 and 4 years old, born between **2.9.09 and 1.9.12** and children in academic school years 7 & 8 who are born between **1.9.01 and 31.8.03**. Please make an appointment with the practice nurse now.

### Out of hours – choose the right service

When we are closed the number to remember is 111. NHS 111 call advisors are fully trained to ensure they direct you to the right service, at the right time. Please remember that your A&E should be used responsibly.

[www.worcestershire.nhs.uk/choose-well](http://www.worcestershire.nhs.uk/choose-well)

### **FREE NHS HEALTH CHECK**

Are you aged between 40 – 74? If so, please ask the receptionist about a free NHS Health Check which is available every 5 years.

Everyone is at risk of developing heart disease, stroke, diabetes or kidney disease. Therefore please take this opportunity for your free check now.

This service is a preventative one therefore we cannot offer you this check if you have already been diagnosed with coronary heart disease, chronic kidney disease, diabetes, hypertension, atrial fibrillation, heart failure, TIA or Peripheral Arterial Disease.

### **Sister Anna Halfpenny**

We are pleased to welcome a new member of staff to our nursing team. Sister Halfpenny has joined us from the district nursing team and will offer a variety of appointments at the practice

### **Aged Over 75?**

You should have received a letter from the practice informing you of your named GP. If you do not attend the surgery regularly you may want to consider booking for an over 75 check each year. If so please ask at reception.

### **PATIENT ACCESS**

Did you know you can now book and cancel your appointments, order prescriptions and access part of your medical record by registering with Patient Access. Once you have registered you can download the app to allow easy access to these services.

To register for this service please email [mprescriptions2@nhs.net](mailto:mprescriptions2@nhs.net) with your name, date of birth, email address, home and mobile phone number.

A registration form will then be produced for you to collect within 2 working days. Please bring one form of photo-identification such as a driving license or passport with you (we can also accept a bank statement or utility bill).