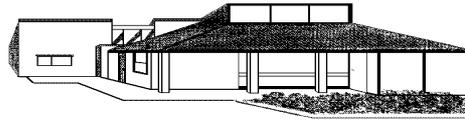


Bourn Surgery Newsletter



Summer 2015

The Surgery will be closed from 1pm to 6pm on Thursday 17th September for staff training. Phone lines will automatically redirect to 111/Urgent Care Cambridgeshire.

Vaccination Season

More information about all the vaccinations below can be found on the NHS Choices website.

Flu vaccination

It is time to start preparing for the winter flu season. Our first flu clinic is scheduled for **Saturday 17th October in the morning**. Please book in with the nurses if you are unable to make this session. Vaccines will be available from late September.

Eligible patients include anyone over 65, patients with diabetes or chronic medical conditions, all pregnant women and anyone who is a carer. Please note patients with asthma are only eligible if they use a regular steroid inhaler.

Child Flu

The annual child nasal spray flu vaccination programme continues this year. Eligible children are those aged two, three or four on 1st September 2015. Children in school years one and two are usually vaccinated at school. This is an annual vaccine, so should be given each year to those children who are eligible.

Flu can be a very unpleasant illness in children, and having the vaccine will help protect your child, and reduce the chances of it spreading to the rest of the family. The vaccination is given by nasal spray into each nostril. Please contact the Surgery to arrange vaccination.

Meningitis ACWY vaccination

From August 2015 all students in Year 13 aged 17 and 18 will be offered the Men ACWY vaccination as part of the NHS vaccination programme. Students in university or further education up to the age of 25 are also eligible for this one-off vaccine. This vaccine offers protection against four different causes of meningitis; importantly against Meningitis W infection, cases of which are increasing. Men W is fatal in 1 in 10 cases, and is a more severe infection than the more common Men B and Men C strains.

Meningitis vaccination - Babies

From the 1st September 2015 the routine childhood vaccination schedule will include Meningitis B vaccination (comprising three doses) at age 2, 4 and 12 months. This offers protection against Meningitis B infection, which is commonest in young children and babies. England is the first country to offer national, routine vaccination. This will be given as part of babies' routine vaccinations, and does not need a separate appointment.

Pneumococcal Vaccine

The pneumococcal vaccine is offered routinely to all patients at the age of 65, as well as those with chronic health conditions of any age. It is a one-off vaccination, and can only be given during the flu season. To find out more about this vaccination please speak to the Nurses.

Please could those who drive to the Surgery take care to park considerately in Kingfisher Close, and avoid parking close to the junction with Alms Hill. Dangerous parking puts the safety of our patients and pedestrians at risk.

Shingles vaccination

Vaccination will be offered to all patients who are aged 70, 78 or 79 on 1st September 2015.

Most of us have had chickenpox as a child, and the virus that caused it can stay in our bodies for the rest of our lives. Sometimes the virus reactivates and causes a disease called shingles. About one in five people who have had chickenpox develop shingles, which can be very painful. It is more common in people aged over 70. Vaccination aims to reduce the risk of getting shingles, or reduce the severity of its symptoms if you do develop the disease.

The vaccination is a single injection, and you will only need to have the vaccination once. Even if you have had shingles previously, you should still have the vaccination.

Alzheimer's Society

Bourn Surgery are now working closely with the Alzheimer's Society to provide support to patients suffering with Dementia (not only Alzheimer's Disease), and carers who look after those affected. They can provide advice on benefits and support available, links to local support groups and resources, as well as practical help and equipment. If you are interested in finding out more, and suffer with Dementia or care for someone who does, please contact our Practice Manager Tracey Wilson (01954 718772, tracey.wilson@nhs.net) who will ask Wendy Dunn from the Society to contact you.

Named GP Requirement

As part of the Government requirements for General Practice this year, all patients in England must be given a named GP. At Bourn we have allocated a named GP to patients based on which village you live in. If you are unaware of who your named GP is, and would like to know, please contact the Surgery.

This policy does not alter your ability to see whichever GP you choose at the Surgery.

News from Dispensary

As always, please remember to allow a minimum of **two working days** before coming to collect repeat prescriptions.

Please can any patients visiting the Surgery for a routine medication review (when indicated on the repeat slip) **bring your medications with you**. This will help the GP ensure that any medication difficulties are easily identified.

Gransden Surgery

Please can any patients wanting to be seen in the Tuesday Gransden Surgery book in with Reception at Bourn. There will be no Gransden Surgery on the following dates:

Tuesday 11th August

Tuesday 18th August

Tuesday 24th November

Tuesday 1st December

On these dates any scripts left in the Reading Rooms will not be able to be collected. Please order medication early to cover these closures.

Reception

- **Mon-Fri:**
8.30am-1pm, 1.30pm-6pm
- **Appointments:** 01954 719469
- **Emergencies:** 01954 719313
- **www.bournsurgery.nhs.uk**

Dispensary

- **Mon-Fri:** 9am-1pm, 3.30pm-6pm

Out of Hours

- **01954 719313 and you will be redirected to 111/Urgent Care Cambridgeshire**