



July/August 2016

Bourn Surgery Newsletter

Great Gransden Clinic: There will be no clinic on Tuesday 13th September or Tuesday 25th October 2016.

The Surgery will be closed from 1pm-6pm on Thursday 21st July for staff training. Phone lines will automatically redirect to 111/Urgent Care.

Chicken Pox: Don't give your child ibuprofen

Recently you may have seen in the news or on social media warnings not to use ibuprofen when a child has chicken pox. There is evidence that suggests using ibuprofen when a child has chicken pox leads to an increased risk of serious skin complications so ibuprofen **SHOULD NOT** be used. Paracetamol is safe to use in chicken pox. Further advice about treating a high temperature in children can be found on the NHS Choices website.

Combining paracetamol and ibuprofen is safe in all other circumstances.

Over-The-Counter Medication

At this time of year, with the pollen count on the way up, it is worth being aware that most anti-histamines are available to buy in pharmacies at the same strength as those prescribed by us. Pharmacists can provide advice on which anti-histamine may suit you best, and whether they are safe to combine with other prescribed medications. You can also buy nasal steroid sprays and anti-allergy eye drops for relief of hayfever and other allergic conditions in the same way.

Simple painkillers (such as Paracetamol, Ibuprofen and Co-codamol 8/500) are also available to buy over-the-counter without prescription. In addition, the majority of commonly-prescribed emollients (moisturisers used for eczema, psoriasis and other skin conditions) can also be bought without prescription in pharmacies.

Vaccination News

As the summer holidays come closer, and for some have already started, it is an important time for those heading to university in the Autumn to make sure that they are up-to-date with their vaccinations. In particular the Meningitis ACWY vaccination, which offers protection against four different causes of meningitis, including Meningitis W which is commonest in the first year of university. This vaccination can be given to students up to the age of 25, and should be given before, or shortly after, the start of the academic year. Please contact the nurses if you think you are eligible for the vaccination.

From September 1st 2016 the shingles vaccine is available to people aged 70 and 78 on the 1st September 2016, and you remain eligible until 31st August 2017. The vaccination is not available on the NHS for patients over 80.

Community Resources

The local libraries can be an unexpected source of information, advice and resource. Here are just a few of the schemes run by Cambridgeshire Libraries. Please note that for some, but not all, of these services you need to be a library member (free to join). More information can be found at:

http://www.cambridgeshire.gov.uk/info/20010/libraries/330/health_information

http://www.cambridgeshire.gov.uk/info/20060/online_library_services

Library at Home Service (library membership required) – This service (formerly the Doorstep Service) is for people who cannot leave their homes because of mobility, health problems, or because they have full time (unpaid) caring duties. Books and magazines can be delivered to your home by a Libraries volunteer visitor.

To access this service, contact the co-ordinator by leaving your phone number and a short message via your.library@cambridgeshire.gov.uk or calling 0345 045 5225.

Library at Home Digital (library membership required) – Free, basic IT skills for Library at Home customers. This involves an 8-week loan of an iPad, with volunteer visits once a week to help customers work through an informal course to access online content such as eMagazines and eNewspapers. Customers must have wi-fi, 3G or 4G at their home.

To arrange this service, contact your.library@cambridgeshire.gov.uk or calling 0345 045 5225.

EngAGE (NO membership required) – a partnership by Cambridgeshire Libraries and Community and Adult Services to develop opportunities for people over 50 years old. It offers:

- monthly social and information events at local libraries
- basic computer assistance for beginners (see below)
- new opportunities to volunteer and support your local library
- meeting places for Knit and Natter knitting groups
- venues for some exercise opportunities

A full listing of events can be found at:

http://www.cambridgeshire.gov.uk/info/20010/libraries/381/libraries_in_the_community

EngAGE Computer Buddying (NO membership required) – Free basic IT and computer sessions with 1:1 teaching lead by a volunteer tutor. These sessions are held at local libraries.

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 III.**