



Welcome to the Richmond Hill Practice newsletter which is available every 3 months. It will help you keep up to date on news and events which may affect you as a patient.

FLU VACCINATION PROGRAMME 2018

 This year, three types of flu vaccine will be used in our flu programme

Adjuvanted trivalent flu vaccine (aTIV)

- For people aged 65 years and over
- This is the recommended vaccine for this age group and offers better protection.

Quadrivalent flu vaccine (QIV)

- For children aged from 6 months to 2 years
- For adults aged 18 years to less than 65 years of age who are at an increased risk from flu because of a long term health condition.

Live attenuated influenza vaccine (LAIV)

- A NASAL spray for children from 2 years old to less than 18 years of age
- ALL 2 - 3 year old are vaccinated here at The Richmond Hill Practice.
- School aged children from 4 years to 9 years old are vaccinated at school
- Children from 10 years of age to 18 years of age are vaccinated here at the Richmond Hill Practice if they are eligible.

It takes about **2 weeks** to develop an immune response so get your vaccination ready for the 'flu season' in December.



WHY HAVE YOUR FLU JAB AT THE DOCTORS?

- Help us to keep providing the services that we offer as well as the high standard of care that you all deserve.



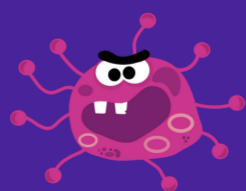
- The pharmacies are not giving the flu vaccination on our behalf. We encourage you to have your flu jab with us as we have access to your medical records & medical professionals.
- Please remember that if you do visit your pharmacy for a flu jab, they can only give you your flu jab. We maybe able to see if anything else is needed.

CAN I HAVE A FLU JAB?

YES But only if you fit the following criteria:

- Aged 65 and over
- Children aged 2 & 3
- Pregnant
- It takes about 2 weeks to develop an immune response so get your vaccination ready for the 'flu season' in December.
- Children or adults with a weakened immune system

BEAT THE FLU & GET A FLU JAB!



PLEASE NOTE: If your child is in years 1, 2, 3, 4 or 5, they will have the vaccination done at school.

Keep a look out on our WEBSITE and new INTERACTIVE TOUCHSCREEN in the waiting area for more information.

Private fees

The Richmond Hill Practice has updated their private fees list. Please go to our website for more information.

A Be Clear on Cancer 'Blood in pee' campaign is currently running across England aiming to improve early diagnosis of bladder and kidney cancer.

NHS



COME AND USE OUR NEW INTERACTIVE TOUCHSCREEN

- Live well - health & lifestyle
- Health A - Z information
- advice
- Carers direct
- Weather updates
- Common health questions
- News & updates about the practice
- Find local services/ maps
- etc.



If you notice blood in your pee, even if it's 'just the once', tell your doctor.

BE CLEAR ON CANCER

REAL

CONNECTING OUR COMMUNITY

100s of services from in and around the Pendle area.

- Minds matter
- Emergency dental
- Minor eye care service
- Local Pharmacies
- And much much more

Please allow 7 days for blood, urine and stool samples to be reported by the lab. The practice would normally contact you if treatment is indicated.

Suffering with non specific abdominal pain?

We recommend you bring a urine sample into the surgery to be checked first.

- There is a charge for non general medical services such as private medicals, letters and passports etc.
- If you have recently been discharged from inpatient care in hospital our Care Navigator Joanne or Colette will be giving you a quick call to see how you are, so if you have any problems at all please ask.
- All hospital prescriptions must be collected from the hospital pharmacy as certain medications are not available from your GP or local pharmacy.
- Every Wednesday from 11- 2:45 pm we hold a stop smoking clinic at the surgery. If you feel you need some advice or want to stop smoking this clinic is for you.
- Please make sure that if you hand in a sample, your name and date of birth is present on the label. We can not process your sample if we do not know who you are. All samples must be handed in by 3pm.
- We would like to welcome Dr. Manuela Hunter, our new trainee Gp. starting 1st August and will be with us for 18 weeks.
- Practice Participation Group - To help us achieve our aims we need you, the patients, to pass on your thoughts to us so that we can take them forward. If you have any issues you would like to raise, please contact our PPG Chairman Jerry Stanford. He will address your concerns at the meetings which are run on the last Tuesday every 2 months from 4 - 5:30pm. jerry.stanford@btinternet.com

OPENING TIMES: Monday - Friday 8:00 - 6:30 pm Closed Saturday & Sunday