



# LUDHAM & STALHAM GREEN SURGERIES NEWSLETTER



Welcome to our autumn newsletter.



## Flu Clinics 2015

Peaks in flu cases are usually in December and January – if you are in an “at risk” group, please don’t leave it until there is a national panic before getting your jab!

The main groups are those aged 65 or over, those with long term illnesses, carers and pregnant women. Health care workers are also recommended to have the vaccine to protect them and to help stop them spreading flu to their patients. This year our clinics are:

Thursday 1st October, 9am-1pm 2pm-5pm  
Ludham Village Hall, Norwich Road, Ludham

Wednesday 14th October, 9am-1pm  
Hickling Barn, Tate Loke, Hickling

Thursday 22nd October, 9am-1pm  
Potter Heigham Village Hall, School Road, Potter Heigham

Thursday 29th October, 2pm-5pm  
Stalham Green Surgery, Yarmouth Road, Stalham

No appointment necessary

Anyone not able to attend a clinic should contact the surgeries for further advice

## 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 most common 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.

## Shingles

From 1<sup>st</sup> September 2015 we will be offering the Shingles vaccination against Shingles for all people aged 70 or 78 as at 1.9.2015 (ie date of birth 2.9.1944 – 1.9.1945 and 2.9.1936 – 1.9.1937). Patients eligible under this programme since it was introduced in 2013 remain eligible until their 80<sup>th</sup> birthday. We are therefore also offering this immunisation to those patients who have previously been eligible but who have not yet received an immunisation. If you have any queries, please speak to Reception.

## Named GP Requirement

As part of the Government requirements for General Practice this year, all patients in England must be given a named GP. 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.



## Make the Most of Your GP - 10 minutes is not very long

Many patients do not realise that their allocated appointment time is only 10 minutes. 10 minutes is not a long time, when you consider that this will include time spent with history taking and examination, dealing with any pressing problems you might have, and time spent completing forms, prescriptions and making an entry on the computer. Whilst we will always aim to give patients the time that they need, we do need to try and run on time in order not to unduly inconvenience other patients who will be waiting. If you have multiple problems that need dealing with, we would always ask that you book a double appointment as necessary.

## Surgery Closures

Ludham and Stalham Green Surgeries will be closed between 12.45 p.m. and 2.15 p.m. on the following dates:

29<sup>TH</sup> SEPTEMBER 2015  
20<sup>TH</sup> OCTOBER 2015  
17<sup>TH</sup> NOVEMBER 2015  
8<sup>TH</sup> DECEMBER 2015

The above closures are for essential staff training. We apologise for any inconvenience.

## Car Parking



Patients are requested not to park in front of the pathway. Many thanks for your cooperation.

## Staff News

We said **goodbye** to Dr Elizabeth Shiner on 4<sup>th</sup> August 2015, who left to continue her training in the hospital.

We **welcomed** our new Registrar, Dr Kathryn Slapp, on 6<sup>th</sup> August 2015. Dr Slapp will be with the Practice for 1 year.

**Congratulations!** Jade was married on 22<sup>nd</sup> August 2015.

We said **goodbye** to Cheryl, Dispenser, on 26<sup>th</sup> August 2015.



## Emergency Contraception

If you have had unprotected sex, that is, sex without using contraception, or you think your contraception might have failed, you can use emergency contraception. Emergency contraception can be very effective especially if the emergency contraceptive pill is taken soon after sex, within 72 hours. Emergency contraception can be provided at Ludham and Stalham Green Surgeries, Walk in Centre's and some pharmacies.

## Prescription Exemption

Exemption evidence from prescription charges **MUST** be produced each time medication is collected. Patients are responsible for providing this evidence. If someone is collecting on your behalf, they will also need to know your exemption and produce exemption evidence. If you are unsure if you are exempt, please speak to dispensary.

## Managed Repeat Prescription Service

Both our surgeries offer patients the option to use our 'Managed Repeat Prescription Service'. This means that when you collect your repeat prescriptions from Dispensary, you will request the next batch immediately by completing the prescription slip. You will be issued with a date on which your prescription will be available for collection. You can then be guaranteed that your items will be ready for collection on or after this date. If you, or someone on your behalf, collects your medication after the date given, please inform Dispensary so they are then able to back date your prescription ensuring you won't run out of medication.

## Research

The surgery is part of the Clinical Research Network that allows high quality research to take place within the NHS, so that patients can benefit from new and better treatments. If you are eligible you could be asked if you would like to participate in a study, maybe during a consultation, by phone or post. Please know that you are under no obligation to do so, and your decision will not influence your care from us. Thank you to all the patients that participate for the benefit of all. If you are interested in participating in research then do enquire - there may be a study that suits you!



## Giving Blood

Giving blood saves lives as we all know, however hospital blood supplies are reliant on regular donations due to the relatively short shelf life of blood products, some products only last 7 days. Blood is not just used for emergency operations but is often needed to be given to patients with long term conditions such as cancer or blood disorders who with time become deficient of specific blood products and need these replacing via a transfusion. Currently the pool of donors is shrinking and the UK needs more people to give blood. Twenty five percent of the UK population will require a blood transfusion at some point in their life. Hopefully this article will encourage readers to become blood donors. If you wish to get further information such as where you can donate locally or register to give blood you can either visit [www.blood.co.uk](http://www.blood.co.uk) or call 0300 123 23 23 for further information.

## Out of Area Registrations

From the 5<sup>th</sup> of January 2015 patients living in England can be registered with accepting GP Practices anywhere, even if the patient lives outside of the practice's boundary. Patients who work or visit an area on a regular basis may find it more convenient to register at a practice in this area rather than a practice closer to where they live. However, if it is found to be more clinically appropriate that a patient remains registered with a practice nearer to where they live, then they may be refused registration as an 'Out of Area' patient. This is to ensure that the best care is provided, for example if the patient is housebound and receives much treatment at home. We are now accepting "Out of Area Registrations". So if you live anywhere in England but would find it more convenient to receive healthcare at Ludham or Stalham Green Surgeries you can now request that consideration be given to your registration. Each case will be assessed individually to ensure that appropriate care can be offered. For further information please visit the NHS Choices website.

## Extended Hours Surgery

The Surgery operates an extended hour's surgery each Monday from 6.30pm-8.00pm at alternate sites each week. The appointments are available to all Patients but are useful for those who are unable to attend Surgery during normal opening hours. Dispensary is available for acute medication on the evening but is not open for routine collections or queries.



## Blood tests

Remember to ring us or pop in a week later to check on your results.

## What do you think?

As always, if you have any comments or suggestions for our newsletter, please let us know. Please contact: Laura Halls (Practice Manager) on 01692 677031 or e-mail her at [l.halls@nhs.net](mailto:l.halls@nhs.net)