



# Leacroft Support Group Newsletter



## Influenza ...

More commonly known as “the flu”, is an infectious and common viral illness spread by coughs and sneezes. Unlike the common cold, Flu is caused by a different group of viruses and symptoms tend to be more severe and last longer.



Symptoms include a sudden high temperature, headache, general aches and pains, tiredness and a sore throat. Flu symptoms can also make you lose your appetite, feel

## When Can I Book?

Patients can start booking appointments for Flu Clinics **NOW**. Clinics start on **25/09/17**.



Call 01293 57 47 47

## Saturday Clinics

There will a **Saturday Clinic** this year on **07/10/17**.

## Unable To Get To The Surgery?

Nursing & Residential Homes will be visited by **Julia Cooper**.

Warden Controlled Homes (**Twittens/Carey House/Wimbourne House**) and West Green Residents over 65 who cannot get to the surgery, **dates to be advised shortly, but likely to be from mid in October**.

## Do you work?

Leacroft is offering workers the opportunity to have their winter vaccinations during **Tuesday's Extended clinics from 4-7pm**.



Would you like to have your say about the services provided by the surgery?

Contact us with your views and suggestions.

For further information contact the LSG via e.mail: [leacroftgroup@gmail.com](mailto:leacroftgroup@gmail.com) or complete a form available from reception.

## Am I in the at risk group?

Do you fall in one or more of the following “at risk groups”, if so you are entitled to a **FREE Flu jab**, which will help protect you over the winter months. Please note, having the Flu jab will not necessarily prevent you from getting the flu, but it will ensure your symptoms are less severe.

- All patients aged **65 and over** i.e all patients born before 31/03/1953
- All **pregnant** women
- All those aged **6 months or over IF you suffer from any of the following conditions:-**
  - **Chronic Respiratory Disease** (such as:- Asthma (if you currently use an inhaler or you have previously been admitted to hospital as a result of exacerbation), Bronchitis, COPD, Cystic Fibrosis, Emphysema).
  - **Chronic Heart Disease** (such as:- Angina, Congenital Heart Disease, Heart failure, High Blood Pressure).
  - **Chronic Kidney Disease**
  - **Chronic Liver Disease** (such as:- Biliary Atresia, Chronic Hepatitis or Cirrhosis).
  - **Chronic Neurological Disease** (such as:- Stroke, Transient Ischaemic Attack (TIA).
  - **Diabetes** (Type 1 & 2 and Diet Controlled)
  - **Immunosuppression** (examples include immunosuppression due to disease or treatment, patients undergoing chemotherapy leading to immunosuppression, anyone without a spleen, HIV infection, individuals treated with or to be treated with steroids for more than a month with a dose equivalent to Prednisolone at 20mgs or more a day).
  - **Carers** (Patients who are registered as Carers in their medical records)
  - **Rheumatoid Arthritis**
  - **Residents of long stay or residential care homes**
  - **Patients who are classed as morbidly obese** (BMI > 40)

## Children



Children aged **6 months to 2 years** will require the flu injection **if in an at risk group**.

All **children aged 2 and 3 years old i.e. born between 01/09/13 - 31/08/15** will be eligible for the Nasal Flu Spray. If there are medical reasons as to why they cannot have the spray, they will be offered the vaccine. **Note - children do not have to be in an “at risk group”.**

At risk children aged up to 9 years old who have never been vaccinated before, will require two doses four weeks apart.

Children aged 4 years old are also eligible for the Nasal Spray, this will be offered by the School Nurse. **If you miss this appointment, this can be given at the Surgery.**

## Pneumonia Vaccine

Do I need to be vaccinated against Pneumonia? Yes ... if you fall within any of the following groups (once a lifetime vaccine):-

- **If you fall into the “at risk categories” as outlined in the “flu section”.**
- **Individuals with cochlear implants or cerebrospinal leaks** (e.g. after skull surgery).
- Carers, care home residents, morbidly obese patients and pregnant women **are not eligible**.

## Shingles

It is **only given** to the following patients:-

- Patients who are aged 70-74 at the time of the injection.
- Patients who are aged 78 or 79 at the time of the injection.

**\*\* Note, Patients are no longer eligible for a free vaccination from their 80<sup>th</sup> birthday \*\***

