



Aspiro Healthcare

@ *Hollybrook Medical Centre and Sinfin Health Centre*

Patient Newsletter – September 2019



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www.hollybrookmedicalcentre.co.uk

Influenza Vaccinations

Seasonal flu is a highly infectious illness caused by a flu virus. The virus infects your lungs and upper airways, causing a sudden high temperature and general aches and pains. You could also lose your appetite, feel nauseous and have a dry cough. Symptoms can last for up to a week.



You may be invited for a 'flu vaccine if you:

- Are 65 years of age or over
- are pregnant
- have certain medical conditions
- are living in a long-stay residential care home or other long-stay care facility
- receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill
- have a serious long-term health condition.

We are now booking the following clinics:

Hollybrook Medical Centre:

Tuesday 17 September 2019
Wednesday 18 September 2019
Thursday 19 September 2019
Friday 20 September 2019
Saturday 21 September 2019
Friday 27 September 2019

Sinfin Health Centre:

Wednesday 25 September 2019
Thursday 26 September 2019
Saturday 28 September 2019
Monday 30 September 2019

Influenza Nasal Sprays (Under 18s)

Children who are aged 2 and 3 on 31st August 2019 (that is, children born between September 1 2015 and August 31 2017) are also eligible for a Fluenz nasal spray. Children who are 4 years old, provided they were 3 on August 31 2019 are also eligible for the Fluenz nasal spray.

Fluenz appointments will be available to book in the upcoming weeks.

Children in reception class and school years 1, 2, 3, 4 and 5 will be offered their Fluenz nasal spray in school. In a couple of areas it might be offered in primary care settings.

Pneumococcal and Shingles Vaccinations

For those patients who are also eligible for Pneumococcal or Shingles vaccinations, we will be offering these during our 'flu clinics above.

Meningitis ACWY Vaccinations

Are you aged 18 – 24 years and heading to University for the first time?
If you have not been vaccinated before, you may be eligible for a Men ACWY vaccination. For more information visit:

www.meningitisnow.org/meningitis-explained/ .

If you have any queries regarding any of the vaccines or nasal sprays above; are unsure if you're eligible; or would like to book an appointments, please contact Reception.

Health Talks

Hollybrook Medical Centre's PPG are holding the following Health Talks at the Practice:

- **Menopause** – Wednesday 30 October 2019
- **Breathing and Anxiety** – Tuesday 26 November 2019
- **Cancer** – Thursday 12 December 2019

These will take place at 6.30pm for 1 hour at Hollybrook Medical Centre, Hollybrook Way, Littleover, Derby. DE23 3TX.

There are only 20 spaces per talk, to book your place please contact ppg.hbmc@gmail.com.

Charity Events

The staff at Hollybrook Medical Centre are taking part in more charity events this year and welcomes any donations to support these causes.

MacMillan Coffee Morning

Saturday 21 September 2019

Jeans for Genes

Friday 20 September 2019

Breast Cancer 'Wear it pink'

Friday 18 October 2019

Please feel free to donate any monies at Reception. Thank you in advance for your support and donations.

Patient Participation Group (PPG)

Patient satisfaction is extremely important to us. By involving patients we hear about issues that matter to you, the patients. The Patient Participation Group (PPG) represents your views at our monthly meetings.

Come and meet our PPG at Hollybrook on 21 September or Sinfin on 28 September 2019 to find out more and become part of the group – new members welcome!

MacMillan Coffee Mornings – Saturday 21 and 28 September 2019

Hollybrook Medical Centre will be hosting 2 MacMillan Coffee Mornings on **Saturday 21 September 2019 at Hollybrook** and **Saturday 28 September at Sinfin** between 8.30am and 2.00pm.

We are welcoming all patients, their family, friends and carers to join us for this fantastic cause. We will be serving refreshments and assorted savoury and sweet biscuits, cakes etc. All donations are welcome.



Daffodil Standards

Hollybrook Medical Centre have signed up to the Daffodil Standards to help our entire team feel empowered to improve the end of life care we provide.



Care and support through terminal illness

The Standards (also known as **RCGP and Marie Curie UK General Practice Core Standards for Advanced Serious Illness and End of Life Care**) cover eight core areas. This robust framework will support us in providing quality care for our end of life patients.

For additional support, Jo, our Care Coordinator can be contacted via the Practice.

Nominated Pharmacy

Would you like your prescription to be sent electronically to your preferred Pharmacy instead of collecting your script from the Practice? You can advise us of your preferred Pharmacy by informing Reception or submitting a form via our Practice website:

www.hollybrookmedicalcentre.co.uk/navigator/electronic-prescription-service/.

Staff Update

Kya (Healthcare Assistant), Gail, Katherine and Sandeep (Receptionists) and Nicky (Administrator) will be leaving us in September / October 2019. We wish them all the best for the future.

Harneel (Reception) will be joining us in September 2019 – welcome to the team!