



Marsh Medical Practice

Autumn Newsletter

Flu Vaccinations

The Flu vaccination is available every year on the NHS to help protect adults and children at risk of flu. Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week.

However, flu can be more severe in certain people, such as:

- People aged 65 and over
- Pregnant women
- Children and adults with an underlying health condition (such as long-term heart or respiratory disease)
- Children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious complications of flu, such as pneumonia, so it's recommended that they have a flu vaccine every year to protect them. (Information taken from NHS Choices Website).

Please remember to go get your flu vaccination!

Our last Flu Vaccination Clinic at the surgery is on Saturday 21st October at North Somercotes Surgery from 8.30am – 12.30pm.

Meningitis ACWY

The Men ACWY vaccination is offered to teenagers and first-time university students who have not already had the vaccine. It protects against four different strains of the meningococcal bacteria that cause meningitis and blood poisoning (septicaemia): A, C, W and Y.

If you have left school and aged 16-24yrs and never had a Men ACWY vaccine then please book an appointment with the practice nurse.

Travel Vaccinations

We have recently altered our procedure for providing travel vaccinations. We now offer an initial telephone

call with a practice nurse who then draws up a list of what vaccinations are needed. The nurse then makes an appointment for the patient to receive the vaccinations.

Other Vaccinations

- We offer the Shingles Vaccination to all patients who are aged 70 or 78 years old. We recommend that it is a good idea to get vaccinated if you are eligible as Shingles can be very painful and uncomfortable.
- We offer the Pneumococcal Vaccination to patients who are aged 65 and over. This vaccination is used to prevent pneumonia. Unfortunately, the Pneumococcal Vaccination is in short supply but we can place your name on a waiting list and contact you when it becomes available.

Research Surveillance Practice

We are now one of over 200 practices participating in a national surveillance programme that provides continuous monitoring of infectious diseases in the community.

The purpose of the network is surveillance of infectious disease, particularly flu. The Royal College of General Practitioners Research and Surveillance Centre looks to predict when flu outbreaks and pandemics occur and is involved in vaccine effectiveness studies; principally in collaboration with Public Health England. For more details visit: www.rcgp.org.uk/rsc

Fitness, Food and Friends

We have the opportunity to run a new, 12 week funded scheme; Fitness, Food and Friends, for people aged 50+. The sessions would last for 2 hours per week and involve a range of gentle exercises, recipes and lifestyle tips in a relaxed social environment.

If you are interested and would like more information, please contact Lynn Chapman on 01507 358623 or lynn.chapman@nhs.net

You said...

“The bicycle rack at North Somercotes was obstructed by disabled car parking and was therefore unusable.”



We did...

We have moved the bike rack so it is no longer obstructed by the disabled car parking.