



Flu Clinics

Flu (also known as influenza) is a highly infectious illness caused by the flu virus. It spreads rapidly through small droplets coughed or sneezed into the air by an infected person. For most people, flu is unpleasant, but not serious. You will usually recover within a week.

Flu vaccinations are available every year on the NHS to help protect adults and children at risk of flu and its complications.

Are you entitled to the flu vaccine on the NHS?

You are eligible to receive a free flu jab if you:

- Are 65 years of age or over
- are pregnant
- 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 certain long term medical conditions including:

- chronic (long-term) respiratory diseases, such as asthma (which requires an inhaled or tablet steroid treatment, or has led to hospital admission in the past)
- chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
- chronic heart disease, such as heart failure
- chronic kidney disease
- chronic liver disease, such as hepatitis
- chronic neurological conditions, such as Parkinson's disease, motor neurone disease or multiple sclerosis (MS)
- diabetes
- problems with your spleen – for example, sickle cell disease or if you have had your spleen removed.
- a weakened immune system as the result of conditions such as HIV and AIDS, or medication such as steroid tablets or chemotherapy
- being seriously overweight (BMI of 40 or above)

(Please note, this list is not exhaustive – ask your GP/Nurse if you are not sure)

Please contact reception to make an appointment for your flu vaccination if you are eligible



PATIENT ACCESS – Online booking – the fast and efficient solution!

There are over 10 500 patients registered at Manor Park Medical Centre and the surgery treats everyone equally. At a national level, NHS has an issue with the telephone lines as patients have complained nationwide about the long time spent while trying to get through to reception. It is one of the most common national complaints and we are aware our phone lines are very busy most of the time.

Well, for every problem, there is a solution and **booking online** is the most efficient way to avoid the long queues on the phone. This can simply be done by accessing our website <http://manorpark-medicalcentre.co.uk/>

Apart from booking appointments, you can request your repeat prescription as well as viewing your medical records so everything will become so much easier for you!

GP APPOINTMENT?
CAN'T MAKE IT?
DON'T NEED IT?

CANCEL IT!

Please attend appointments

If you cannot attend your appointment with us for any reason, please let us know, this will enable us to offer your appointment to someone else!



Patient Participation Group

The surgery is currently looking for new representatives to join our Patient Participation Group (PPG).

The PPG provides valuable input to the operational running of our practice, if you would like to join our PPG group, please contact Daniel Jones via email on SLOCCG.ManorParkSurgery@nhs.net if you are interested in joining us!

Winter ailments

Some health problems, such as asthma, sore throat and cold sores, maybe worsened by cold weather. Here's how to help your body deal with some common cold weather ailments.

Sore throat: These are more common in winter and usually caused by viral infections. Some evidence indicates that changes in temperature, such as going from a warm, centrally heated room to the icy outdoors, can also affect the throat.

Top tip: A quick remedy for a sore throat is to gargle with warm salty water. It has anti-inflammatory properties and can have a soothing effect.

Norovirus: Is also known as the winter vomiting bug, and it is an extremely infectious stomach bug. It is more common in winter.

Top tip: When people are ill with vomiting and diarrhoea it's important to drink plenty of fluids to prevent dehydration. Young children and the elderly are especially at risk. By drinking oral rehydration fluids (available from pharmacies), you can reduce the risk of dehydration.

Cold Sores: Most of us recognise that these are a sign that we're run down or under stress. While there's no cure for cold sores, you can reduce the chances of getting one by looking after yourself through winter.

Top tip: Every day, do things that make you feel less stressed, such as having a hot bath, or watching one of your favourite films.

Dry Skin: is a common condition, often worse during the winter. Moisturising is essential during winter and contrary to popular belief, moisturising lotions and creams aren't absorbed by the skin. Instead, they act as a sealant to stop the skin's natural moisture evaporating away. The best time to apply moisturiser is after a bath or shower while your skin is still moist.

Top tip: Have warm, rather than hot, showers. Water that is too hot makes skin feel more dry and itchy.

Heart attacks: These are more common in winter. This may be because cold snaps increase blood pressure and put more strain on the heart. Your heart also has to work harder to maintain body heat when it's cold.

Top tip: Stay warm in your home. Keep the main rooms you use at 21C (70F) and use a hot water bottle or electric blanket to keep warm in bed. Wrap up warm when you go out and wear a hat, scarf and gloves.