



# thevalleysurgery

## Practice Newsletter

August 2015  
Issue 14

Welcome to the latest issue of The Valley Surgery practice newsletter. We produce an issue on a regular basis to keep you up to date on the latest news from the surgery.

### Doctor news

Welcome to our new GP, Dr Jonathan Sherwood, who started with us in May. Some of you may have already met him.

Dr Tony Avery has recently been appointed Dean of the Faculty of Medicine at the University of Nottingham. This is the most senior role in the medical school. As a result he will be reducing his hours at the surgery to just a Monday. This may mean if you are used to seeing Dr Avery you may find it harder to get an appointment with him. You may wish to consider seeing another doctor instead.

**Going abroad on holiday soon?** Please book an appointment with our nurses for travel advice at least 8 weeks before you go. Please note that if you do not attend the appointment without informing us first we are unable to re-book an appointment.



### Phone system upgrade

We have recently had an upgrade to our phone system, however this brought a few problems with it. Please accept our apologies if you have had difficulty in getting through to us or have been cut off. We are trying our best to get this issues resolved as soon as possible!

### Have you changed your address or other details (e.g. mobile phone number) recently?

If so please can you let Reception know so we can update your record.

If you have any upcoming hospital appointments you will need to inform them as well separately as our system will not give them this information automatically.

## Our appointments system—how it works:

If you need to be seen **urgently** you will be offered a same day appointment.



For a **routine** appointment with a GP you will be offered an appointment within 72 hours. These appointments are not released all at the same time, but throughout the day so there is no need to ring first thing in the morning to secure one of these appointments as some will become available later.



Ask at Reception for details

## **2015 Flu and other vaccinations**

### **Flu vaccination**

From September if you meet certain criteria you are entitled to a free flu vaccination.

These criteria are as follows:

- You are over 65 years of age, or
- You have a long-standing condition e.g. diabetes, heart disease, asthma etc, or
- You are taking medication that lowers your immunity, or
- Children aged 2, 3 or 4 years as at 1st September 2015 (children have a nasal spray, which means no needles!)

We hold our main flu clinic on Saturday 3rd October, by appointment only. Contact Reception to make your appointment. Please note that if you attend and are not eligible for a vaccination we are unable to give you one, even if you have had one in previous years.

### **Pneumococcal vaccination**

If you are entitled to a free flu vaccination you are also entitled to a free pneumococcal vaccination. This only needs to be done once.

### **Shingles vaccination**

If you are 70, 71, 72 or 78 as at 1st September 2015 you are entitled to a free Shingles vaccination. Shingles is an infection of a nerve and the skin around it. It is caused by the varicella-zoster virus, which also causes chickenpox. The main symptom is a painful rash that develops into itchy blisters that contain particles of the virus.

### **Meningitis B vaccination**

From Sept 1st 2015 the Men B vaccine will be offered to babies aged 2 months, followed by a second dose at 4 months, and a booster at 12 months. Only babies born after 1st May 2015 will be eligible for the Meningitis B vaccination.

The Men B vaccine will protect your baby against infection by meningococcal group B bacteria, which can cause meningitis and septicaemia (blood poisoning), which are serious and potentially fatal illnesses.

## **Research and Clinical Studies**

The Valley & Chilwell Meadows Surgeries are working in collaboration with the Clinical Research Network: East Midlands (CRN:EM). The CRN:EM is part of the National Institute for Health Research (NIHR) and is focused on enhancing and promoting research, ensuring that it is conducted in line with ethical procedures and for patient benefit. There is a local team working within Nottingham City and Nottingham County, facilitating research within primary care.

The Valley & Chilwell Meadows Surgeries are signed up to a Research Site Initiative Scheme; resulting in them choosing to be involved in appropriate and relevant research studies, focused on enhancing patient care and working on studies that are of particular interest and need for their patient population. The primary care team surpassed recruitment expectations in the financial year of 2014-2015 and this could not have been done without the support of local practices and the engagement from patients in these areas.

## **Follow us on Facebook and Twitter**



We try and reach out to as many people as we can by various methods (our websites, newsletters, practice leaflets etc) to keep you up to date with the latest information. We can now announce that we have presences on both Facebook and Twitter at the following addresses: <https://twitter.com/ValleySurgery> <http://www.facebook.com/TheValleySurgery>