

# Practice Newsletter Autumn/Winter 2017

## **Controlled Drugs**

Some medications are controlled under the Misuse of Drugs legislation. These medicines are called “controlled drugs” and include drugs such as morphine, pethidine and methadone.

Stricter legal controls apply to these medicines to prevent them from being misused, being obtained illegally and causing harm. The regulations govern how the surgery prescribes and issues these drugs. If you have a controlled drug prescribed for you, we will not be able to send it to a pharmacist electronically. You will need to come to the surgery, provide ID, and sign for it. Alternatively you will be able to ask your nominated pharmacist to sign and collect it on your behalf.



## **Flu vaccination clinics : Adults**

The flu vaccination season is upon us and, as in previous years free flu vaccinations are offered to all patients aged 65 and over, pregnant women, carers and all patients aged over 17 in disease groups such as diabetes, chronic respiratory disease and asthma, coronary heart disease, immunosuppression, liver disease, chronic renal disease, and neurological disease such as stroke.

Walk-in flu vaccination clinics for adults are to be held on the following days:

**Saturday 23rd September 2017**

**Saturday, 30<sup>th</sup> September 2017**

**Saturday, 7<sup>th</sup> October 2017**

**Saturday, 14<sup>th</sup> October 2017**

from 8.45am-12.45pm.

We will also be holding clinics of bookable appointments on weekdays in October and November. Please speak to reception staff if you would like to book an appointment for a flu vaccination.

## **Flu vaccination clinics: Children**



Free flu vaccinations are being offered at the surgery to all children aged 2 and 3 years. If your child was aged 2 or 3 on the 31<sup>st</sup> August 2017 ie born between 1/9/2013 – 31/8/2015 they will be eligible to receive the nasal spray vaccination (called Fluenz).

Also, any children in a clinical risk group aged 9-17 will be offered the same nasal spray vaccination. \*The 9 year olds must be aged 9 or older on 31/8/2017

Bookable appointments are available in dedicated children’s flu clinics being held in October and November. All children eligible for a flu vaccination at the surgery are contacted by the practice to invite them for a flu vaccination. Please contact the surgery to book an appointment for your child in one of these clinics.



Please note...

Public Health England has decided that children in Reception class and school years 1, 2, 3 and 4 ie born between 1/9/2008-2013 will be immunised in schools, not general practice surgeries. The schools programme includes “at risk” children in those age groups.



## **Phone number**

Changed your phone number?  
If so, let us know!



If you have a mobile phone, do make sure we have your up-to-date number. We will then be able to send you appointment reminders by text.

If we have a record of your mobile number and you *don't* wish to receive texts from us, please let Reception know.

## **Sick notes for school children**

Please note that if a school-aged patient is away from school due to an illness lasting

less than 8 calendar days, they do not need a medical certificate.

### **Falls research for older people**

We are currently collecting information on patient falls in order to provide additional services and support to patients. If you are aged over 65, please complete the questionnaire we have in reception - even if you haven't had a fall. This information will all contribute to our research.



Many thanks for your co-operation.

### **Appropriate Use of A & E**

An A&E Department (also known as ED or Casualty) deals with genuine life-threatening emergencies such as

- Loss of consciousness
- Persistent, severe chest pain
- Breathing difficulties
- Severe bleeding that cannot be stopped
- Severe allergic reactions
- Stroke
- Severe burns or scalds
- Acute confused state and fits that are not stopping

A&E departments provide immediate emergency care for people who have symptoms or injuries that could be life threatening.

### **THINK FIRST BEFORE YOU GO TO A&E**

It may be more appropriate and therefore better for you if you go to an urgent care centre (at Beckenham Beacon or Princess Royal University Hospital, Farnborough), or attend the GP or a pharmacist.

### **Health visiting service**

From 1<sup>st</sup> October 2017 Oxleas Foundation Trust will be taking over the running of the health visiting service in Bromley from Bromley Healthcare. The service will in future be run as 3 teams based in Bromley, Beckenham/Penge and Orpington. This re-structure means that health visitors will no longer be based at the London Lane Clinic, but will be based at Stepping Stones in Mason's Hill. They will, however, continue to carry out child developmental checks at the London Lane Clinic. To contact the

health visitors for advice or information on their clinics, phone 0208 836 8621.

### **Data Sharing**

We are pleased that we now have a facility to share important medical information eg blood test and X-ray results with other health care professionals such as the local out-of-hours service and the local hospital. Please tell your GP if you would like to opt in to this data-sharing as patients have to give consent before we are able to use it.



### **~~Top Tip~~**



### **Are you sitting down? Now read this...**

Research has found an association between sitting and being overweight and obese, type 2 diabetes and some types of cancer.

Sitting is thought to slow metabolism, which affects the body's ability to regulate blood sugar, blood pressure and break down body fat, and may make our muscles and bones weaker too.

Some older adults (aged 65 and over) are known to spend 10 hours or more per day sitting or lying down.

Research suggests that children and young people in households with multiple televisions and computers tend to sit more.

Tips to reduce sitting time:

- Avoid long periods sitting in front of a TV or computer
- Agree a family limit to screen time per day
- Consider ways for children to "earn" screen time
- Make bedrooms a computer-free and TV-free zone
- Stand up and move during TV advertising breaks
- Swap TV time for more active hobbies such as gardening and DIY
- Stand or walk while on the phone
- At work, walk to a colleague's desk rather than e-mailing or phoning
- Take up active play with the children or grandchildren