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We are now truly settled into our temporary surgery



The move was quite traumatic and we would like to thank you all for being patient and understanding with the task we faced.

In no time at all, we will be doing it all over again!

FLU INJECTIONS – 2014 Dates for your diary
Saturday clinics – 4th October, 8th October & 15th November – 8am to 10:30am

Plenty to look forward to!



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- Light housework
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- Shopping list preparation
- General shopping
- Returning from hospital
- Recovering from illness
- Companionship
- 24hr care



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PREVENTION SPECIAL

It's that time of the year again

VACCINATIONS:

SHINGLES

Free Shingles vaccine is available on the NHS for patients of the following age ranges only.

From **1st September 2014 until 31st August 2015** it will be given as a single injection for anyone aged 70, 78 or 79 and, unlike some jabs, you won't need to be re-vaccinated every year.

To be eligible your date of birth must fall into one of the following groups:

70 years old: 2/9/1943 to 1/9/1944

78 years old: 2/9/1935 to 01/09/1936

79 years old: 2/9/1934 to 1/9/1935

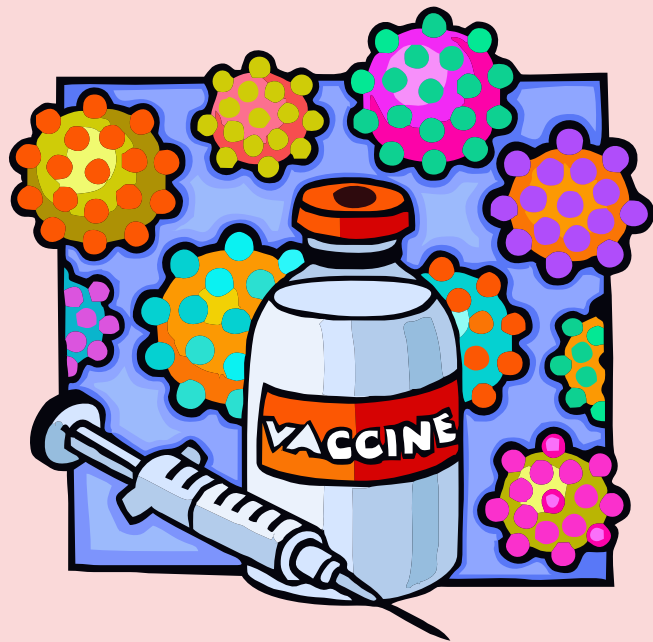
If you wish to have the shingles vaccine and you are not eligible for the NHS vaccination programme, you will usually need to visit a private clinic. Private vaccination is likely to cost £150 – 200.

INFLUENZA OR FLU

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. The flu vaccination is offered to people

in at-risk groups. These people are at greater risk of developing serious complications if they catch flu, such as pregnant women and elderly people. Full details of the Criteria are available on our Web site and a printed data sheet available from the Surgery. The dates for the flu vaccination sessions appear on the front cover of this newsletter.

Children aged 2, 3 and 4 years of age will also be given the option of a nasal flu vaccination. Please speak to Reception for details.



COLD OR FLU?
Ipad/Iphone app
available from
iTunes.
'flu vs cold

Please be advised that the parking outside the surgery is specifically for patients/doctors. This has been provided by Sainsbury's and is managed by them. Where possible Euro Parks are monitoring the use of the spaces and are aiming to prevent non users of the surgery taking up spaces. If you have any comments or feedback on the car parking, please direct these to the Sainsbury's helpline on **0800 975 5299**, rather than the reception/surgery team, as we do not have responsibility for the car park arrangements.

**LONG STAY
PARKING
NOT
PERMITTED**

OPEN AFTERNOON



Our Open Afternoon was a great success, many thanks to everyone who made it all possible. Here's to the next one in our lighter and brighter upgraded Surgery.

BLOOD TESTS

We would like to ask all our patients who are booking in for a blood test to ensure they bring the blood form with them to their appointment. This form will be given to you by the GP who requests that you have a blood test.

The form contains vital information to allow the phlebotomist to ensure the correct tests are carried out (as different tests require samples to be sent in different blood bottles & sometimes

the quantities differ to).

If the form is not presented at your appointment then we may have to ask you to rearrange to another date.

You can present the form at Solihull hospital phlebotomy walk in service. No appointment is necessary but you will need to take a blood form from your Doctor. There opening times are as follows:

Monday to Friday 8.00am – 4.00pm

Saturday 8.30am – 12.00 midday

Sunday 10.30am – 1.30pm

SPOTLIGHT ON...

THE PPG TREASURER, WILLIAM LANFERMEIJER

I was born in South Africa to Dutch parents and travelled around the world with them until the age of 16 years. My education was achieved in many continents, South Africa, New Zealand and America and finally in Holland. I have lived in Solihull for the last twenty plus years.

My working life has been in various accounting and finance posts. After my retirement I became involved in volunteering work within Solihull Council and Solihull Active which has kept me busy. I organise or attend a number of classes for exercise including Extend, Tai Chi and Line dancing.

Within Solihull Hospital there is a patients group which I attend regularly and carry out ward and Out Patients inspections.

Favourite football team?...AFC AJAX of course!

