

FLU VACCINATIONS



The flu vaccination commenced on the 24th September and appointments can be booked with Debbie, our senior healthcare assistant. Patients should speak to a member of staff at reception to book their flu vaccination.

Studies have shown that the flu vaccines provide effective protection against the flu, although protection may not be complete and may vary between people. Protection from the vaccine gradually decreases and flu strains change over time. Therefore new vaccines are made every year and people at risk of flu are encouraged to be

vaccinated every year.

Following advice from Public Health England issued last year, an enhanced version of the flu vaccination (adjuvanted trivalent flu vaccine) will be given to those aged 65 years and over in the coming flu season. This decision was made on the basis of strong clinical evidence that this is the most effective vaccine for this group of vulnerable patients.

People who can have the flu vaccine:

- Over 65s
- Chronic Respiratory Disease (Asthma,

COPD)

- Chronic Heart Disease
- Chronic Kidney Disease stage 3,4,5
- Chronic Liver Disease
- Carers
- Morbidly obese bmi >40
- Stroke, TIA
- Diabetes Type 1&2
- Immunosuppressed including pts having chemo
- High dose steroids (20mg a day >1 month)
- No Spleen
- Pregnant women

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Cancer Support

When you, a family member or someone you know is diagnosed with cancer, you may have questions. The following services are there to help you:

- The Olive Tree—www.olivetreecancersupport.org.uk
- Move More Sussex—www.movemoresussex.org.uk
- Carers Support—email in-fo@carerssupport.org.uk
- Wellbeing Hubs—www.westsussexwellbeing.org.uk
- The Macmillan Horizon Centre—www.macmillan.org.uk/horizoncentre



MACMILLAN COFFEE MORNING

Macmillan Cancer Support is one of the largest British charities and provides specialist health care, information and financial support to people affected by cancer. As well as helping with the medical needs of people affected

by cancer, Macmillan also looks at the social, practical and emotional impact cancer can have, and campaigns for better cancer care. Macmillan Cancer Support's goal is to reach and improve the lives of everyone living

with cancer in the UK.

On Friday 28th September, staff at Coachmans will be partaking in the Macmillan coffee morning in order to raise money for this invaluable cause.

FAREWELL DR LUKE (FOR NOW!)



On the 31st August 2018, Dr Luke officially retired as a GP Partner at Coachmans Medical Practice. Dr Luke had a fitting send off from past and present staff at the surgery as well as other healthcare professionals from all over the area. Everyone in attendance shared many fond memories of Dr Luke from over the years and tucked into delicious food. A huge thank you goes to everyone who made the retirement party so memorable. Everyone at the surgery wishes Dr Luke a long and happy retirement.

We are pleased to announce that Dr Luke will return on 1st August 2018 as a part-time salaried GP.

WALK-IN CENTRE VISITS

Urgent treatment centres are a facility you can go to if you need urgent medical attention but it's not a life-threatening situation.

Urgent treatment centres are GP-led and open for at least 12 hours a day everyday of the week (including bank holidays). You may be referred to an urgent treatment centre by NHS 111 or by your GP. You can also just turn up and walk in.

Conditions that can be treated at an urgent treatment centre include:

- Sprains and strains
- Suspected broken limbs
- Minor head injuries
- Cuts and grazes
- Bites and stings
- Minor scalds and burns
- Ear and throat infections

- Skin infections and rashes
- Eye problems
- Coughs and colds
- Feverish illness in adults
- Feverish illness in children
- Abdominal pain
- Vomiting and diarrhea
- Emergency contraception.

Your local urgent treatment centre can be found at the following address:

Urgent Treatment Centre
Crawley Hospital
West Green Drive
Crawley
West Sussex
RH11 7DH
Telephone: 01293 600300 ext
4141 or 4142

Referrals

In some instances the GP may refer you for a specialist opinion via the Referral Support Service.

What happens now?

Potential steps may include:

- A local clinic appointment for a scan, test or simple procedure (for example heart monitors or ear wax removal)
- Your GP may have a conversation, either in person or electronically, with a specialist. In some cases the specialist can provide your GP with advice on treatment options or tests, and in other cases an appointment would be more suitable for you.
- If you need an appointment the hospital will write to you.

If you have a query about your referral, please call: 01293 300270 every Monday to Friday between 9am and 4pm.