

WATLING VALE MEDICAL CENTRE

NEWSLETTER

www.watlingvalemicalcentre.co.uk

ACCESS

Tel: 01908 501177, Fax: 01908 504916

Repeat Prescriptions

You can fax, post or use systmonline to request your repeat prescriptions. To use systmonline you will need to register for this service first. Please note we do not except any request over the phone.

Surgery Appointments

For Doctors appointments:

Pre-bookable appointments can be booked up to six weeks in advance, by telephoning the surgery, visiting the surgery and also booking online. The practice also offers on the day routine appointments, emergency appointments and telephone appointments. All routine book on the day appointments are released at 8am and can be booked at the surgery, by telephone or online.

Also did you know you can access General Practice appointments on weekday evenings and weekends at several locations in Milton Keynes. Speak to our receptionists about getting the right appointment for you.

For Nurses and HCA's appointments:

All appointments are released six weeks in advance and can be booked by telephoning the surgery or visiting the surgery.

Home visits:

To request a home visit please ring before 10am. Home visits will be granted based on the following definition 'Any patient who solely, as a result of their illness, is physically unable to be transported to the Surgery, or where it would be medically unsafe to do so.'

Access to On-Line appointments

To be able to book online appointments you will need to register for this service. You can download an application form from our website www.watlingvalemicalcentre.co.uk, once you have completed the form you will need to bring the form with proof of identity to the surgery and then you will then be issued with a username and password.

PROTECT YOURSELF FROM FLU

Free Flu vaccination is offered to the following at risk groups:

- ◆ Adults over 65 years
- ◆ Those aged 6 months to 65 years in clinical risk groups—e.g. patients with long term (chronic) or underlying conditions
- ◆ Pregnant women
- ◆ All 2,3 and 4 year old (at these ages on the 31st August)
- ◆ Those in long-stay residential care homes
- ◆ Carers
- ◆ Some children of primary school age will also be offered a flu vaccination at school.

Saturday Flu Clinics at Watling Vale Medical Centre

- ◆ **Saturday 23rd September 8am to 12**
- ◆ **Saturday 7th October 8am to 12**
- ◆ **Saturday 14th October 8am to 12**
- ◆ **Saturday 4th November 8am to 12**
- ◆ **Plus clinics also available during weekdays 8 to 6.30pm from the end of September**



Phone Numbers :

Please tell us if you change your phone number . Patients with mobile phone numbers on the system will be sent a text message when an appointment is booked at the surgery - if we do not have your correct mobile phone number, we cannot do this.

Practice Area Geography

The Practice catchment area covers the following locations in Milton Keynes, Shenley Church End, Loughton, Shenley Brook End, Crownhill and Shenley Lodge. We are currently still accepting new registrations, but only if you are living in our catchment area. If you move address to outside our catchment area, you will be given notice to re-register at another surgery in your new area.

Travel Forms

Please collect a form from reception or download one from our website www.watlingvalemicalcentre.co.uk and complete this at least four weeks before you travel. Our travel nurse will look at the forms and then advise you if you need any vaccinations and travel advice.

Sick Certification

A sick certificate from the doctor only becomes necessary if an illness lasts more than 6 days. Shorter illnesses are covered by your employer's self-certification. If you have recently consulted your Doctor a sick certificate can be requested without the need for a further appointment.

PPG 2017

Meeting dates:

Tuesday 12th September

Tuesday 12th December

6.30pm to 7.30pm

All are welcome

Protected Time Dates 2017

The surgery will be closed from 1.30pm on the following dates

- Wednesday 20th September,
- Thursday 19th October
- Wednesday 22nd November

This is in accordance with a Government initiative called 'Protected Learning Time'. Notices of closure of the Surgery are posted around the Surgery

Frequently asked Questions about Flu

"Isn't flu just like a bad cold?"

NO: flu is very different to a bad cold. It is caused by a different group of viruses, Symptoms of flu tend to be much more severe and last for longer. They can include high temperature, tiredness, sore throat and general aches and pains.

"Could a flu vaccine actually give me flu?"

NO: Despite some popular beliefs, a flu vaccine cannot give you flu, as it doesn't contain the active virus. You may experience a low-grade fever and tiredness lasting a few days, however this is common after many vaccines. If you are concerned about any symptoms you are experiencing, please seek guidance from the surgery.

"I had a flu jab last year, so I must already be covered?"

NO: firstly, this year's flu strain might be a different strain to last year's, so you will need a different vaccine targeted against the new circulating strains. Secondly, your body's immune response declines over time. Therefore, the DoH recommends flu vaccination every year.

"I've had flu before. Does that mean I'm immune?"

NO: the circulating flu strains change each year so you do not develop immunity. This is why you should have a flu vaccine each year.

