



## OUR 2019 FLU CLINICS

This year the NHS will again be offering you or your family members different types of flu vaccines. The one you are given will depend on your age and whether or not you or your family member are in a high risk group. These groups are in the box on the right.

Our clinic dates are below.

### ADULTS OVER 65 NO APPOINTMENT NEEDED

September 28	Saturday	8am - 1pm
October 5	Saturday	8am - 1pm

### ADULTS: ALL AGES NO APPOINTMENT NEEDED

October 26	Saturday	8am - 1pm
November 2	Saturday	8am - 1pm
November 23	Saturday	8am - 1pm

### CHILDREN UNDER 18 APPOINTMENTS NEEDED

October 17	Thursday	2pm-7pm
October 24	Thursday	2pm-7pm
October 29	Tuesday	2pm-7pm

PLEASE MAKE SURE THAT YOU ONLY ATTEND A CLINIC IF YOU HAVE RECEIVED AN INVITATION FROM US.

IF YOU HAVEN'T RECEIVED AN INVITATION BY OCTOBER 14 AND THINK YOU ARE ELIGIBLE FOR A FLU VACCINATION PLEASE RING OUR OFFICE ON 01494 478640 .

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### WE HAVE FLU VACCINATIONS AVAILABLE FOR:

- Pregnant women
- Those aged 65 and over
- People in long stay residential homes
- Carers
- Children: over the age of 6 months with a long-term health condition
- Children : aged 2 and 3
- Chronic respiratory conditions such as asthma, COPD, emphysema
- Chronic kidney, heart or liver disease
- Chronic neurological conditions such as multiple sclerosis, Parkinson's disease, motor neurone disease
- People with diabetes mellitus
- People with spleen problems or no spleen
- People with a weakened immune system eg with HIV, AIDS, having chemotherapy or on steroids and their close contacts
- People who are seriously over weight, Body Mass Index 40 or above

# What are Flu targets?

Every year the NHS produces a Flu Immunisation plan. Its aim is to provide direct protection to those at higher risk of sickness or death. If enough people are immunised then less influenza virus will be circulating in the community and fewer people are likely to catch flu. The NHS gives immunisation targets for 4 groups which are needed to prevent influenza virus levels from being dangerously high. These are:

- 75% for those Aged 65+
- 55% for those aged under 65 in each of 10 clinical "at risk" groups including pregnant women
- 48% for children aged 2 and 3. That will rise to 50% for 2019/20
- 75% for Health Care Workers (HCW)

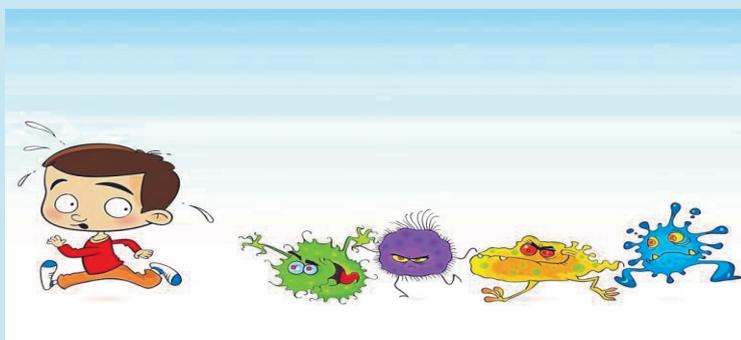
Some of these are wishes rather than expectations as they have not been achieved in recent years.

Cherrymead did well in 2018/19. It achieved the target level in every group including all of the "at risk" groups except pregnant women (see below). In contrast, Buckinghamshire surgeries in total only reached the target level for Children aged 3.

Group	Cherrymead	Bucks
65+	<b>78.8%</b>	72.5%
<65 at risk	<b>61.7%</b>	72.5%
Pregnant women	<b>49.1%</b>	44.4%
Children 2	<b>55.9%</b>	44.6%
Children 3	<b>62.3%</b>	49.3%
HCW	<b>84.6%</b>	74.0%

Your Surgery aims to do as well this year. However, the task is made harder. The NHS aim is for surgeries to do at least as well in the "at risk" groups where the targets have been reached in 2018/19.

*Les Taylor*



## Why have your Flu vaccination at your GP Surgery?

- We offer a setting where we can check your medical records and make sure you get the most suitable vaccine
- We can offer protection for those who may be forgetful by reducing the risk of duplication in vaccines being administered
- We offer a fast, efficient and friendly flu clinic service with your local surgery team (and we really enjoy our drop in flu clinic sessions, it gives us a nice break from our 'normal' work)
- We can ensure continuity of care for our patients and carers (we know you already).

If you're also eligible for pneumonia and shingles vaccinations we can offer you those at the same time subject to availability.

We have already ordered a flu vaccination for all eligible patients registered with us. We can only return limited numbers that go unused, and the rest have to be paid for by the surgery.

## What to know about seasonal influenza

Influenza or "the flu", is an illness caused by seasonal influenza viruses. These viruses are spread from one person to another.

### How to recognize the flu?



Sudden high fever



Headache



Cough or sore throat



Muscle pain

### What to do when you have the flu?



Cover your cough or sneeze with your arm/elbow or tissue



Wash your hands frequently



Get plenty of rest



Drink plenty of water and eat nutritious food



Seek medical advice if you are not getting better or if you are in a high risk group



World Health Organization



# Health Information Meeting: Drug and Alcohol Recovery

On the 26<sup>th</sup> June, the PRG welcomed Sarah Woodward of **One Recovery Bucks** to the Surgery. She gave a presentation on Drug and Alcohol Awareness and the services of One Recovery Bucks. That was followed by a question and answer session.

**One Recovery Bucks** is a confidential service. It is free for the residents of Buckinghamshire aged 18 and over who are affected by drug and alcohol use.

In 2017, there were 7,697 alcohol specific deaths and 3,756 deaths relating to Drug poisoning in the UK. Two thirds of the drug related deaths were related to drug misuse.

There are many reasons why people use substances. These include social, emotional and physiological reasons. Examples include:

- rebellion, curiosity and peer influence
- confidence, grief and loneliness
- illness, to stop withdrawal and to feel calm or energised .

The teams include recovery workers, nurses, doctors, recovery champions, recovery mentors, community connectors

and administrators. .

One Recovery services include:

- Assessment
- Advice and information
- Structured one-to-one support
- Access to medical support, detoxification and replacement therapies
- Needle exchange
- Blood borne virus screening
- Dedicated support for friends and family

**For further information:**

**One Recovery Bucks**

0300 7729672

[ORB@sssft.nhs.uk](mailto:ORB@sssft.nhs.uk)

[www.onerecoverybucks.org](http://www.onerecoverybucks.org)

Referrals accepted by phone or email

Twitter and Facebook @OneRecBucks

**Switch Bucks Alcohol and Drug Services for Young people**

01494 527000

[switchbucks@cranstoun.org.uk](mailto:switchbucks@cranstoun.org.uk)

**Big journeys begin with small steps.**

*Imogen Carey*

# **CATCHING UP ON MMR VACCINATIONS**

Measles, Mumps and Rubella (German Measles) are highly infectious diseases . They can lead to acute severe flu-like illness. They can also lead to complications involving the eyes, brain, heart and nerves. If pregnant women are affected, it may affect the development of the baby and the pregnancy itself. MMR (Measles, Mumps, and Rubella) vaccinations protect against these infections.

The NHS Measles vaccination programme began in 1968. By 2017 the UK had achieved World Health Organisation (WHO) measles-free status. Enough people were vaccinated to prevent Measles from circulating. Only occasional isolated cases were seen.

In 2017 there were 284 cases in England and Wales. This increased to 991 in 2018. Hence, WHO said that the Measles virus is circulating again. Now the UK can no longer be considered to be a Measles-free country.

This increase was because fewer people in the UK had their two MMR vaccinations. Also people with Measles enter the country from abroad.

95% of children under 5 have had the first MMR dose. That is more than the WHO target for reducing virus circulation. Only 87.4% of children have received the second MMR dose.

Measles is so infectious that even a small drop in numbers of children vaccinated is enough to increase circulation. Those who have not received two doses of MMR are at risk of Measles infection. Travelling to an area with high levels of Measles increases the risk.

Cases of Mumps are also now increasing in the UK.

The NHS recommends vaccination for anyone born from 1970 who has not had both doses of MMR. This



will prevent them developing infection. It will also prevent the viruses from circulating and infecting others. If you were born before 1970, you are likely to have been exposed to the viruses and be immune.

The NHS Measles vaccination programme began in 1968. Between 1970 and 1979 you may only have had the Measles vaccine. Between 1980 and 1990 you may not have had a Mumps vaccination.

If you were born in 1970 onwards and think you haven't had two MMR vaccinations, please contact the surgery and ask for a message to be left for one of the Practice Nurses. If we do not have access to your full record, we will vaccinate you. This is considered to be safer than not being immunised.

**For more information please look at the following sites:**

**Vaccine Knowledge Project** <http://vk.ovg.ox.ac.uk/vk/>

**NHS Inform:**

<https://www.nhsinform.scot/healthy-living/immunisation/vaccines/mmr-vaccine>

**NHS:**

<https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>

**For more information on how you can get involved with the Cherrymead Surgery Patient Reference Group please email us directly at : [prgatcherrymead@gmail.com](mailto:prgatcherrymead@gmail.com)**