

Losing Weight

Did you know that you can get free advice and support on losing weight from the NHS Choices website?

www.nhs.uk/LiveWell/weight-loss-guide

There you will find lots of information and suggestions to help you become more physically active.

GO Active, Get Healthy

is a FREE to join programme available across Oxfordshire designed to support you to become more physically active. For further information on activities near you visit



www.getoxfordshireactive.org

WI-FI

Our waiting rooms now have Wi-Fi which patients can access for free. Just select the

OXON-NHS-GUEST network.

However please remember to keep the sound down or use headphones as a courtesy to other patients.

FRIENDS AND FAMILY TEST



Please help us to improve.

We welcome your feedback and ideas on the services we offer at Morland House Surgery.

Please pick up a card at the reception or the Dispensary and let us have your views and suggestions!

MORLAND HOUSE SURGERY NEWSLETTER

Summer 2015

Telephone
01865 872448



Articles in this newsletter include:

- Telephone calls
- 2015 Vaccination Programme
- Free help with losing weight and keeping fit
- Free WI-FI
- Friends and Family test

Visit our website for further information

www.morland-house.co.uk

Help us to help you



We now have 10,500 patients and aim to provide the best possible service to all our patients.

To help us to do this we would ask that you avoid telephoning the surgery with routine enquiries between 8.00 am and 10.30am in the morning.

This is our busiest time with patients wanting to book urgent appointments.

If you can wait until later in the day to phone this would assist us greatly.

Thank you!

2015 Vaccination Programme

Flu vaccinations will be available free to

- Over 65s
- People with respiratory disease
- People with heart disease
- People with kidney disease
- People with liver disease
- People with diabetes
- People with a history of stroke
- People with a weak immune system
- Health and social care staff directly involved in patient care
- Pregnant women
- Carers
- Children aged 2 -4 years and school years 1 and 2 (Nasal spray)

In addition a **Pneumococcal** vaccination will also be offered to all patients in the 'at risk groups.

A **shingles vaccine** is also available free for all patients aged 70, 78 or 79 years old on 1 September 2015.

Vaccination clinics

Our **Flu, Pneumococcal and Shingles Vaccination Programme** will be carried out in our clinics to be held on the following dates:

Saturday 3 October 2015 8-11am

Saturday 10 October 2015 8-11am

Saturday 17 October 2015 8-11am

Wednesday 14 October 2015 4.00-6.30pm

Please contact reception to book an appointment.

Children will be offered the Flu vaccine by nasal drop.

Children's Flu clinics will be held from 3.45—5pm on Wednesdays 14, 21, and 28 October 2015 and from 3-5pm on Thursdays 1,15 and 22 October 2015

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