

## Flu Immunisation Clinics

Flu (Influenza) is not just a bad cold. If you've ever had flu you'll remember being shivery, achy and too weak to get out of bed or go to work. Flu can make you ill for many weeks and can be more serious for those people who cannot fight off the infection. Immunisation against flu is recommended for all of the following 'at-risk' groups:

- 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

We will be taking bookings for free Flu immunisations for all of the above groups from late August. A shingles vaccine will also be available for patients aged 70 and 79 years old. Clinics will start late September and run through to November 2013.

## Stop Smoking!

Are you trying to give up?

If yes, please make an appointment with one of our Practice nurses to receive advice on smoking cessation and enquire about nicotine replacement therapy which is free on prescription for a maximum of 12 weeks for those who access the service.

Advice is also available on the telephone advice line 0845 4080300 and on the website [www.nhs.uk/livewell/smoking](http://www.nhs.uk/livewell/smoking) where you can download free support materials to your mobile phone.

## Contacting The Surgery



Help us to help you!

You can now book routine appointments with your doctor and order your repeat prescriptions on line. To register for this service please visit our website [www.morland-house.co.uk](http://www.morland-house.co.uk)

Our phones are very busy when the surgery first opens so please postpone your call if you can or use the online booking service!

Please wait until after 10.00am before you phone us to book non -urgent appointments or blood tests.

## MORLAND HOUSE SURGERY NEWSLETTER

Summer 2013

Telephone  
01865 872448



Articles in this newsletter include:

- Opening Hours
- Patient Participation Group
- Healthy Eating
- Flu Immunisation clinics
- Stop smoking
- Contacting the surgery

[www.morland-house.co.uk](http://www.morland-house.co.uk)  
Visit our website for further  
information

## Opening Hours

Morland House Surgery offers appointments with our doctors and nurses during the following times:

### Monday—Friday

8.30am—11.00am and 3.30—5.50pm, with some bookable appointments available on Wednesdays up to 7.00pm

**Saturday mornings** (excluding Bank Holiday weekends)

A limited number of prebookable appointments 8.00—8.30am and a walk-in service from 8.30 to 10.30 am for urgent (must be seen that day) problems.

Please note the surgery phones will not be answered on a Saturday morning.

The doctors will take it in turns to offer the Saturday surgery but will not be doing home visits or taking routine phone calls. The nurse clinic will be available for pre booked immunisations and travel vaccinations, cervical screening, smoking cessation and weight management support.

The **Out of Hours Service** will continue to operate throughout the weekend including Saturday mornings to provide urgent medical care, telephone advice and home visits when necessary. The out of hours service can be contacted by phoning **111**

## Patient Participation Group

Patient Participation Groups offer views on GP services from the patients' perspective. Feedback from our Patient Participation Group combined with the findings from our surveys, is therefore very important in ensuring that Morland House Surgery is responsive to patients' needs and that the services we provide improve over time.

We are seeking patients to join our **Patient Participation Group** to provide a representative sounding board for patient opinion, comments and advice on the services we offer and to assist in improving communication between the practice and its patients. You can be involved as much or as little as you like depending upon your individual circumstances.

If you would be interested in joining the group please contact Barbara Noakes, the Practice Manager on the surgery telephone number 01865 872448 or by email on :  
[barbara.noakes@nhs.net](mailto:barbara.noakes@nhs.net)

## Food for thought

### Worried about your weight?

The NHS Choices Website provides the following 8 tips for a healthy diet and provides lots of free advice on weight control :

1. Base your meals on starchy foods
2. Eat lots of fruit and vegetables
3. Eat more fish—at least 2 portions per week
4. Cut down on saturated fat and sugar
5. Eat less salt
6. Get active & exercise
7. Drink plenty of water
8. Don't skip breakfast

For more information visit [www.nhs.uk/Livewell](http://www.nhs.uk/Livewell)

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