



Linden Hall Surgery

**Newsletter
Autumn 2019**

Flu Vaccination

How it works:

The vaccination contains an inactive part of the influenza virus, which triggers the immune system to produce anti-bodies against the virus. In case of an influenza outbreak, the antibodies attack the virus and the vaccinated person does not get ill.

There are many misconceptions about the flu jab.

Many different cough and cold viruses can cause flu-like symptoms. The flu jab does not protect from them. Because of the time of the year when the flu jab is given, people sometimes get a cold after the flu jab and blame the vaccination for it. That is simply not possible.

The influenza virus can cause severe illness and has caused many deaths in the past when there were massive outbreaks. By having the flu jab, you not only protect yourself, but also protect your community by stopping the virus to spread.

If you are eligible for a flu jab, **please book an appointment for the flu days at Linden Hall Surgery!**



Changes at Linden Hall

After seven years at Linden Hall **Dr Teelucksingh** will leave us in November this year.

He has decided to work in Shrewsbury, closer to his home and family. He will be missed by everyone and we wish him all the best for his future.



In September **Dr Tom Maddox** started as our new registrar in his final year of GP training. He will be at Linden Hall for 14 months.

Flu Clinics 2019

We have decided to change the way the Flu Clinics are run this year.

In the past we had a couple of flu days where people could attend any time in the morning to get their flu vaccination. However, this did cause significant queues and waiting times for patients, and made it difficult to manage the supply on each day.

We have now introduced a new system where patients can book appointments on the flu days and will be seen quickly. We hope that this will improve the experience for patients and will make the clinics more efficient.

There will be raffle tickets and a cake sale on both days, all in support for the Newport Xray appeal.

Contact

Newport: 01952/820400

Muxton: 01952/670060

Prescriptions: 01952/580350

Out-of-hours: 111

Lindenhall.reception@nhs.net

www.lindenhallsurgery.co.uk

Opening Times

Newport:

Monday to Friday: 8:00 to 18:00

Every Day:

7:00 to 8:00 morning surgeries

Tuesday evenings until 20:20

Muxton:

Monday to Friday: 8:30 to 17:00

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Patient Participation Group

We have seen some interest in joining our new group. We would like to invite anyone interested to attend an open evening to discuss the further structure and running of the PPG.

The purpose of a PPG is to create an interface between the surgery and it's patients, to update you on the plans and running of the surgery and to listen to your feedback and suggestions.

This has been successful in the past, and has led to improved communication like this newsletter, better signage in the surgery and other improvements.

Ideally we would like to have a cross section of our patients, young and old, to join the group.

Interested?

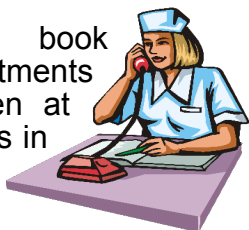
Please turn up at the surgery on:

30th of October at 7:30 pm

Extended Patient Appointments

There is a new service available for appointments outside the normal surgery hours, like evenings between 6-8 pm or at weekends.

Patients can book routine appointments and will be seen at one of the 3 hubs in Telford.



These appointments can be booked directly at our reception.

Most appointments are with doctors, but there are nurse appointments available as well.

The receptionists might offer these appointments to you. Please ask if you have any questions.

Common Cold:

A cold is a mild viral infection of the nose, throat, sinuses and upper airways. It's very common and usually clears up on its own within a week or two.

The main symptoms of a cold include: a sore throat, a blocked or runny nose, sneezing or a cough.

More severe symptoms, including a high temperature (fever), head-ache and aching muscles can also occur, although these tend to be associated more with flu.

What to do

There's no cure for a cold, but you can look after yourself at home by resting, drinking plenty of fluids and eating healthily, taking over-the-counter painkillers, such as paracetamol or ibuprofen, to reduce any fever or discomfort, using decongestant sprays or tablets to relieve a blocked nose, trying remedies such as gargling salt water and sucking on menthol sweets.

Many painkillers and decongestants are available from pharmacies without a prescription. They're generally safe for older children and adults to take, but might not be suitable for babies, young children, pregnant women, people with certain underlying health conditions, and those taking certain other medications. Speak to a pharmacist if you're unsure.

When to see your GP

If you or your child has a cold, there's usually no need to see your GP as it should clear within a week or two.

You only really need to contact your GP if:

- your symptoms persist for more than three weeks
- your symptoms get suddenly worse
- you have breathing difficulties
- you develop complications of a cold, such as chest pain or coughing up bloodstained mucus

It might also be a good idea to see your GP if you're concerned about your baby or an elderly person, or if you have a long-term illness such as a lung condition. You can also phone NHS 111 for advice.

Newport Xray Appeal

In September both Newport surgeries have started a fundraising campaign for the Newport Xray department. The equipment needs an urgent upgrade to make it work with the radiology systems at the hospital. The department has been a unique resource for the population of Newport, offering Xrays locally and timely. Please support the appeal by donating money or organising fundraising events.

Email xrayappeal@gmail.com

