



Linden Hall Surgery

**Newsletter
Autumn 2020**

Changes at Linden Hall

Dr Harwood will leave us at the end of August.



He has been a partner for the last 9 years, and is going to work for a surgery in Telford. He will be missed by everyone and we wish him all the best for his future.

We have been lucky to employ **Dr Thomas Kwan** to start to work for us from the 1st of September.

We also have a new registrar, **Dr Salman Malik**, who started his final year of GP training with us in the beginning of August.

COVID 19

We are currently assessing all patients by telephone, and will only ask patients to be seen face-to-face if this is felt necessary by the doctor.

Please **do not** come to the surgery if you have a persistent cough or temperature, but use **NHS online** or ring **119**.

Flu Clinics 2020

Due to Covid 19 we have had to change how we run our Flu Clinics this year. This is to ensure a safe system which adheres to the social distancing rules and protects patients and staff.

To avoid queues and keep the numbers of patients in the building low, we will see patients with a booked appointment only.

Please do not turn up on these days without an appointment.

The Flu days will be

Saturday 3rd October and Sunday 4th October

both days from 8 am - 5 pm.

Anyone aged over 65 can book an appointment now. Patients in at-risk groups will be contacted by the practice to book an appointment.

Because of Covid 19, this year the flu vaccination will be offered to people over 50 years of age for the first time.

Please note that people in the 50-64-year old age group will **not** be vaccinated until November and December, providing there is sufficient vaccine, and no appointments will be offered for this age group until then.

This is to ensure that those who are most at risk are vaccinated first. If you are 50-64 and you are in one of the other groups which is eligible for the flu vaccination, for example you have a health condition which puts you at risk from the flu, you will be invited earlier.

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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Flu Vaccination

In the context of the current Corona pandemic, it is more important than ever to get your flu vaccination.

How it works:

The vaccination contains an inactive part of the influenza virus, which triggers the immune system to produce antibodies 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.



Corona Virus

As most people know by now, we are facing a pandemic on a scale not seen before.

There is clear advice available online on how to protect yourself and your family.

Social distancing, washing your hands and wearing face masks are some of the measures to reduce the risk of a corona virus infection.

We try to reduce the number of patients in the building by offering telephone appointments, video consultations and a messaging service for photos and advice leaflets.

If a doctor offers you a video consultation, he or she will send a link to your mobile phone. Just click on the highlighted link and follow the instructions, and you will be able to have a video chat with the doctor.

For some conditions like rashes it is helpful to send in a photo. Again, the doctor will send you a link to your mobile phone, and you can take a picture and send it back to the clinician.

These services are safe and NHS approved.

Patients who show symptoms which could relate to COVID 19 like fever of 37.8 or above, a persistent cough or loss of taste or smell need to go to the NHS website or ring 119 to arrange a Covid test. This should be done within the first 5 days of symptoms. There are 2 local testcentres, one near Ironbridge and one in Stafford.

If you have COVID symptoms and are very unwell or have another severe medical problem, contact the surgery. We have a separate area to see patients in a clean room with protective equipment. Do not come to the surgery without having spoken to a clinician first. Ring reception from your mobile when you arrive and wait in the car park, go directly to the room indicated. The examination will be focussed and quick, and the doctor will ring back after to discuss the treatment plan.

Many hospital services have been unavailable since the start of the lockdown, they are gradually restarting with smaller patient numbers so please be patient. If a problem has become much worse while waiting for an appointment, please ring the surgery.

We are slowly starting to provide regular services for our patients with long term conditions like diabetes or COPD and screening programs like smear tests again. This includes routine blood tests for patients on certain medications.

We ask you to wear a face mask whenever attending the surgery to protect yourself, our staff and other patients.

Thank you for your support, together we can beat this!

