

St Johns Wood Medical Practice

Winter Newsletter 2019

Practice News & Information

☹ Sadly we say goodbye to our receptionists Farida Hira and Abbigail O'Dowd. We wish them all the best in their future.
☺ Welcome to Akousa Owusu and Liridon Gjerci who will be working as our new receptionists.

We are now taking bookings for the Flu Vaccination



Flu is a highly infectious illness that spreads rapidly through the coughs and sneezes of people who are carrying the virus.

If you're at risk of complications from flu, make sure you have your annual flu jab.

You are at risk if you're;

- *Aged 65 or over*
- *Pregnant*
- *Have diabetes*

Or if you suffer with long-term conditions affecting your;

- *lungs*
- *heart*
- *kidneys*
- *liver*
- *immune system*
- *spleen*

If any of the above listed includes you then call the surgery today to book an appointment with our practice nurse to get your free flu vaccination

Why might I be asked to buy certain medicines over the counter?

The GPs have been asked by local NHS to stop prescribing medication that can be purchased over the counter.

If you are currently being prescribed medication that can be purchased over the counter it will no longer be prescribed, even if you qualify for free prescriptions

The NHS has been spending around £136 million a year on prescriptions for medicines that can be brought from a pharmacy or supermarket, such as paracetamol.

By reducing the amount the NHS spends on over the counter medicines, the NHS can give priority to treatment for people with more serious health conditions, such as cancer, diabetes and mental health problems.



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Now available, Saturday appointments with the nurse

Patients wishing to see a nurse on the weekend can call the surgery to make an appointment at Maida Vale Medical Centre to see the practice nurse for Cervical smears and dressings.



SELF- REFERRAL SERVICES

Providing you are a resident in the Westminster or Camden area, there may be local support groups and services available to you that you can contact directly. For further information please help yourself to a leaflet in the reception area.

SURGERY OPENING TIMES

We are open from 8:00am - 6:30pm Monday to Friday

Do you look after someone?

A carer is anyone who, without pay, looks after someone else who couldn't get by on their own due to illness, old age, disability, mental illness or an addiction.

If this is you and you are over 18 and Westminster resident please contact the carer's network on the website below or alternatively pick up a leaflet from the reception area for more information

www.carers-network.org.uk



Is your child up to date with their Immunisations?

For more information please speak to a member of the reception team. Alternatively please help yourself to a leaflet in the reception area.