



We are fast approaching yet another winter and flu vaccination season is now already upon us. I want to take this chance to remind everyone who is eligible to call us to make an appointment for your annual NHS flu jab. I'm pleased to report we will be getting our delivery of vaccines earlier and in a more orderly way this year.

Although I cannot give you exact dates as I write this newsletter, we will be holding two Saturday flu clinics as usual as well as some weekday clinics. We will of course continue to provide vaccinations opportunistically during normal routine appointments to eligible patients, so no need to book a separate flu appointment if you are already seeing a doctor or nurse for an appointment in September.

Flu is an unpredictable virus that can cause mild or unpleasant illness in most people. BUT, it can cause severe illness and even death among vulnerable groups including older people, pregnant women and people with an underlying health condition. If you are not sure if you are eligible, please give us a call. We are unable to provide private vaccinations, but many local pharmacies do.

By having your flu jab, you are not only helping yourself, but you are also helping to protect the wider population from this nasty virus which can easily spread to vulnerable people who are much more at risk from complications.

In the same way as last year, there is a different vaccine for patients aged 65 and over, compared to eligible patients under the age of 65. In addition if you are over age 65 and have not yet had your 'one off' pneumococcal vaccination, you can have this at the same time.

Call 01206 250691 NOW to book your appointment or if you are already signed up to the online service 'Patient Access' you will be able to book your vaccination online for the first time this year!

If you would like to register for online services for the first time, visit www.patientaccess.com and click the register button at the top right hand side of the page and follow the instructions.

Patient Participation Group

This month the patient participation group will be meeting on Thursday September 19th at 6.30pm at the Great Bentley village hall for the first time since the summer break.

**Richard P Miller
Practice Manager**