



This year we are holding our **FLU CLINICS** on Saturdays

Pop in or telephone reception to book.

The following are entitled to a **FREE** flu jab...

- Everyone aged 65 and over.
- Everyone under 65, and over six months, who has chronic heart disease, chronic liver disease, certain asthmatics, chronic bronchitis, emphysema, COPD, diabetes or chronic neurological disease.
- Anyone who is immunosuppressed.
- All pregnant women and all two and three year old children,
- Everyone who cares for someone older or disabled person.
- Everyone living in residential or nursing home.

You should also get a flu jab if you...

- Look after someone who wouldn't be able to manage without your help

FLU MYTHS

Flu is just a bad cold, isn't it?"

No, it's much more than that.

Headaches, a high temperature and a sore throat may make it feel like a cold, but you're also likely to have muscle aches, feel shivery and be too weak even to get out of bed. Flu can also develop into more serious illness, such as pneumonia or bronchitis, and some people have to be admitted to hospital with flu complications.

You only get a bad bout of flu if you're old or unwell...

No, that's not the case.

While its true people in poor health are more at risk, anyone can develop severe flu symptoms. Some people (such as the elderly or pregnant women) are at increased risk of flu complications, even if they are in good health.

I had a flu jab and it gave me the flu!

No, the flu jab doesn't give you the flu.

Some people can have side effects that feel a bit like flu, but these go away after a day or two. The part of the flu virus in the jab given to adults is inactivated so can't cause flu. The jab does take up to 2 weeks to become effective, so you could catch flu until your immunity has built up. Some years there is a mismatch between the circulation flu viruses and the strains in the vaccine, making the vaccine less effective, but this is uncommon.

Flu Clinics at Green Street

Thank you to everyone who has already attended our first flu clinics. These have been a particular challenge for us this year with the change of vaccine types coupled with a reduction in our clinical staff availability.

Our move to Saturday morning clinics was two-fold. Firstly to make clinics more accessible for patients who work and secondly to save appointments throughout the week that would otherwise be lost to flu clinics.

We are currently a full time GP down and also have some illness within our nursing team and so it made sense not to compound this by reducing weekday clinics any further.

This year there are three different vaccines: One for over 65's, One for at risk patients aged 19- 64, a nasal spray for at risk 4 – 18 year olds which is also being given to children aged 2 & 3 years of age as part of the national campaign.

There is only 1 manufacturer of the over 65 vaccine and despite early ordering NHS England has insisted on a uniform approach to delivery to ensure national coverage is achieved over a first come first served basis. For this reason our clinics have been timed to coincide with deliveries and will continue through to the end of November. Dates of future clinics are set out below.

We know that we had long queues at our first clinic and would like to thank everyone that attended for their patience and understanding. Your laughter and good humour together with the hard work from members of our Patient Group helped us enormously and we are very grateful.

There was much planning before the clinics to make things as smooth as possible but we apologise to patients who waited longer than usual to be vaccinated; there were a number of reasons for this... The over 65 vaccine arrives without an attached needle and due to infection control regulations these cannot be attached too far in advance, added to which

they were very fiddly to put together. This alone was quite a challenge for us this year but ensuring the right patient receives the right vaccine and their medical record is updated accordingly did present its own trials to our great staff tasked with 'coding' this year.

This has been a learning curve for the practice and we believe future clinics will run better. Overall we managed to vaccinate over 500 patients and this must be put down to the mutual support and great work from practice staff and members of our patient group. Thank you all very much.

Future Flu Clinic Dates: SATURDAYS

27th October 17th November 24th November

Please could we politely ask that patients do not arrive before their appointed time. This will ensure we have a steady flow of patients throughout the morning and will have sufficient space and chairs for patients who need extra help.

For any patients who have mobility problems please make yourself known to our team and we will endeavour to reduce your waiting time.

Help Keep NHS Costs Down...

A report by the Department of Health estimates that unused medicines cost the NHS around £300 million every year, with an estimated £110 million worth of medicine returned to pharmacies, £90 million worth of unused prescriptions being stored in homes and £50 million worth of medicines disposed of by Care Homes.

You can help by making sure you only collect the correct quantity of medication you need, and intend to use. Remember, once you have walked out of the Pharmacy with your prescribed medication they WILL NOT be accepted back for reissue if you do not need them.

EAST SUSSEX, READY FOR A NEW YOU?

Stop Smoking Clinic here
Every Monday & Thursday 1pm-5pm
Ask Reception for further details

ONE YOU

EAST SUSSEX

www.oneyoueastsussex.org.uk
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01323 404600
@OneYouESussex

Planning Permission Approved

At the end of August, the planned new Surgery, to house the merged GP Practices of Green Street and Enys Road, received full Planning Consent from the Town Council, and funding approval from NHS England.



Since the first public consultation meeting earlier this year a number of changes, both internally and externally, have been introduced to meet planning requirements. But the essence of the new surgery remains the same. Building work is to start later this year on the site of the old Bowling Club green, next door to Sainsbury's in Victoria Drive, Old Town. Since plans were first started the wooden pavilion on site has been added to the acquisition, and this will be demolished to provide additional parking spaces. Access to the parking will be by an entrance in Victoria Gardens, whilst additional pedestrian access will be possible directly from Victoria Drive.

Internally, distributed over three floors, there will be multiple consulting rooms in addition to a wide range of supporting facilities, and an on-site



Pharmacy. The target date for the move is the first quarter of 2020 so the challenge has been set.

We will, of course, keep you abreast of progress of this exciting project in the pages of our regular Newsletters.

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Give us a call now on 01323 404600 for more info.

Care Navigation

We are pleased to inform all patients that Green Street Clinic is participating in **Care Navigation**.

For patients this will mean that you are seen quicker by the most appropriate person available. For staff it will mean that we might have to ask you some screening questions when you first contact us.

All of our reception team has attended Care Navigation training. It is there to support some new direct-referral services.

Please help us by supporting this new initiative.



Our receptionists are here to help you get to the right service.

Please don't be offended if they ask what the problem is when you call to make an appointment

The receptionist might suggest other professionals that could help you better such as:

- Opticians
- Pharmacist
- Nurse
- Family services
- Support groups

Eastbourne Health Walks

Walking for health in conjunction with East Sussex County Council

Tuesdays

Eastbourne Hampden Park: 10:30am
outside Lakeside Tea Chalet

Wednesdays

Eastbourne Seafront: 10:30am
outside the Sovereign Centre

Fridays

Eastbourne Shinewater: 10:30am
outside the Co-op Milfoil Drive

Saturdays

Eastbourne MS Friendly: 10:30am
on 1st Saturday of the month,
Lakeside Tea Chalet, Hampden Park
(30 minute walk)

If you would like further information or to find out about other walks in East Sussex please contact:

Lorna Neville, Health Walks Coordinator on
01424 444675 / 07740 899559 or Email:
lorna.neville@tcv.org.uk

**Free, friendly, regular walks,
just about an hour.**

No need to book, just turn up!

