

WELCOME TO OUR **Autumn 2007** NEWSLETTER.



Autumn has finally arrived after a not very hot but a very busy summer and we welcome back Dr Tatham after her sabbatical leave and Dr Humphery after the birth of her baby boy.



### Minor Ailments Scheme

Minor ailments are conditions that can be self-treated with medicine available over the counter from your pharmacy. This scheme allows you to access the same advice, treatment and medicines from your pharmacist as you would from your GP, without having to wait for a GP appointment.

Many people who consult GPs for ailments such as constipation, fever, nappy rash, hay fever, coughs and sore throats could be dealt with just as effectively by a pharmacist. Pharmacists are trained to deal with minor ailments & already spend a good proportion of time advising on these conditions. The pharmacist will supply medication, give advice or refer the patient to the GP if necessary. Pick up a form from our reception.



### Medical Students

We are a teaching practice and have medical students here from time to time learning clinical skills and the way a GP surgery operates. When you see a doctor you may be asked if you would mind if the student is present. We hope you don't.

### Flu Campaign

Yes, hard though it is to believe, it is that time of year again... Flu Vaccinations are available in the surgery from 1st October



#### AM I ELIGIBLE FOR VACCINATION?

All patients who are 65 and over or suffer any of the following conditions: diabetes, heart disease, asthma requiring inhaled or oral steroids, bronchitis, renal failure, liver disease, kidney disease, previous stroke or neurological disease or a disease affecting the immune system are invited for their free flu jab.

We are not having walk in clinics this year so please book a flu appointment at the reception if you are eligible.

### Goodinge Website

We are pleased to say that many patients are now successfully booking appointments online. We are adding new information to the website all the time so please check out [www.goodingegrouppractice.com](http://www.goodingegrouppractice.com).

Some of the new information includes a page showing which days our doctors are available. So, if you wish to see a specific doctor check the chart to see which days they're in.

There is also a 'Help Yourself' page with lots of useful information and advice about how to treat yourself for certain conditions and when you should see a doctor.

### New Hib Catch-up vaccine



If your child was born between 13th March 03 and 3<sup>rd</sup> September 05, he/she will be eligible for an extra vaccine call Hib.

Hib is an infection caused by Haemophilus influenzae type b bacteria. It can lead to number if major illnesses such as blood poisoning, pneumonia and meningitis.

If your child has already had their pre-school immunisation, they should have this new Hib-containing vaccine. This will be given as a Hib vaccine combined with another vaccine - Men C.