

Goodinge Health Centre

WELCOME TO OUR **AUTUMN 2006** NEWSLETTER.



Autumn has finally arrived after a busy summer at the practice and we welcome back Dr Mary Davies after the birth of her baby boy, and Dr Mike Sills after his sabbatical. Please spend a few minutes to find out what else is new.....

NEW PATIENT REGISTRATIONS

The Goodinge is currently registering new patients. If you live within the boundaries of our list area you can register with this practice. Please ask at reception if you'd like to see the map.

CARERS INFORMATION

Is someone in the neighbourhood or at home dependent on you to help with tasks or responsibilities of everyday living?? If so then you are a carer and might be in need of some help and support yourself. Telling your GP can help them to support you and make sure that you support yourself and get the right sort of care.

Health Tips for Carers:

- Tell your GP that you are a carer.
- Have regular check-ups.
- Get support when you need it.
- If you are ill, visit your GP

BREAST SCREENING

All eligible women (between 50-64 years) registered with this Practice will be invited to attend for a mammogram by the Central and East London Breast Screening Service (CELBSS). If you receive an invitation letter, please go along. The Screening Unit is at St Bartholomew's Hospital and their appointment line number is 020 7601 8305.

SELF CHECK-IN SYSTEM

The new touch screen self check-in system has now been installed. It is very simple to use and will save you having to queue up at reception. Please try it out.



FLU VACCINATIONS!!!!

Yes, hard though it is to believe, it is that time of year again... Flu Vaccinations are available in the surgery from 18th October



AM I ELIGIBLE FOR VACCINATION?

All patients who are 65 and over or suffer any of the following conditions: diabetes, heart disease, chronic respiratory disease, renal failure, liver disease or is a main carer are eligible and should consider having a flu jab.

WALK IN CLINIC

From 18th October we will have a walk in clinic running between 11.30 and 12.30, Monday to Friday. No appointment is needed but please book in at Reception on arrival. Please note the maximum number of patients who may be vaccinated in this clinic is 25. In the event of all slots being taken, you may be asked to return on another day.

POLITE NOTICE

As you may have heard on the news flu vaccines are in short supply this year so please be patient when trying to make your appointment because there may be periods when we are waiting for new supplies to arrive.

NEW PNEUMOCOCCAL VACCINE

The department of Health has recently altered the Childhood Vaccination Programme and has now introduced pneumococcal conjugate vaccine (PCV) into the schedule. This vaccine has recently been introduced to the routine childhood immunisation programme, and all children under 2 years are being offered protection.

Pneumococcal is a particular risk in children under 2 and can lead to meningitis and blood poisoning.



WISHING YOU A HAPPY AND HEALTHY AUTUMN!!