

**Hillview Medical Centre**  
**September/October 2017 Newsletter**

**FLU VACCINATION**

**If you are in one of the categories below please contact the surgery to book your appointment**

- **Patients aged 65 years and over as at 31/3/18**
- **Patients under 65 with a serious long-term health condition, including:**
  - chronic (long-term) respiratory diseases, such as asthma (which requires an inhaled or tablet steroid treatment, or has led to hospital admission in the past), chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
  - chronic heart disease, such as heart failure
  - chronic kidney disease
  - chronic liver disease, such as hepatitis
  - chronic neurological conditions, such as Parkinson's disease, motor neurone disease or multiple sclerosis (MS)
  - diabetes
  - problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
  - a weakened immune system due to medication such as steroid tablets or chemotherapy
  - being seriously overweight (BMI of 40 or above)
- **Pregnant patients**
- **Patients who receive a carer's allowance, or are the main carer for an elderly or disabled person**
- **Children aged two or three on 31 August 2017 (born between 01/09/2013 and 31/08/2015)**

For children eligible for the flu nasal spray please contact the surgery after 2 October 2017

**If you are aged 70 , 71, 72, 73, 74, 78, or 79 and you have not yet had your shingles vaccines this can be done at the same time, just let the receptionist know.**

## **Help us to save our NHS!**

### **Did you know that £300 million of NHS taxpayers' money is spent every year on unused medicines that are thrown away?**

Over £150 million can be saved by preventing medicines waste. That could pay for 53 million extra prescriptions of medicines to help prevent heart attack and strokes.

### **Medicines waste can be reduced if we all...**

- Open prescription bags in the pharmacy.
- If your bag contains unwanted medicines you can return them to the pharmacist, then and there. You can only do this before you leave the pharmacy.
- Checking what medicines you have at home before re-ordering more.
- Remember 'don't tick it if you don't need it'.
- Please also make sure that the Chemist only orders the medication you require.
- Only tick the items you need on your repeat prescription. The items will not be removed from your repeat prescription.

### **Everyone has a part to play to reduce medicines waste**

#### **Missed appointments**

We appreciate that sometimes things come up and you may need to cancel or rearrange your appointment. If you are unable to attend please cancel your appointment with as much notice as possible so we can offer that appointment to someone else.

#### **Text Messages**

Please make sure we have your up to date mobile number so you can receive text message reminders for your appointments and easily cancel if you need to

#### **Patient Access**

Remember to sign up for patient access, either by visiting our website for details or completing a form in surgery. This will allow you to book and cancel appointments, order medication direct from your medical records and access results etc. This service is available patients aged 16 and above.

**If you have any suggestions for items you would find useful in a newsletter or on our website please email [mprescriptions2@nhs.net](mailto:mprescriptions2@nhs.net) with details**