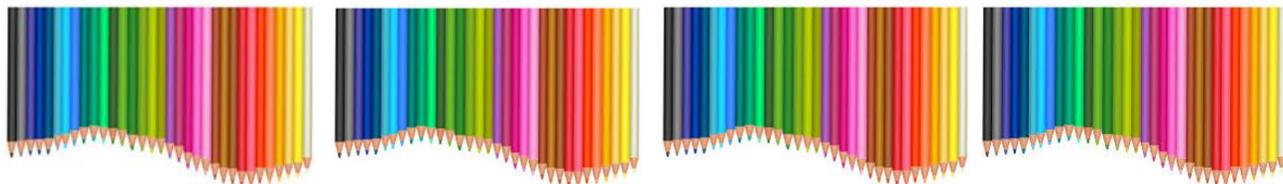


St Margaret's NEWS

September 2016



FLU CLINICS

**Saturday 24th September & Saturday
1st October
Adults only**

You are eligible to receive a free flu jab if you are 65 years of age or over, are pregnant or have certain medical conditions

contact us to book an appointment

The children and teenagers' vaccine will be available mid October and we'll arrange clinics as soon as we have delivery dates of the vaccines. Children aged 2, 3 and 4 years are eligible plus all children with long term health issues. This is a nasal vaccine and is effective both in protecting the children themselves, but also their communities from flu. Children in school years 1 and 2 will be offered this vaccine in school.



MENINGITIS ACWY Vaccine

This vaccine is available now for young adults with the following dates of birth :- **01/09/1996** to **31/08/1998** and also anyone up to the age of **25** entering university for the first time this Autumn. Please book an appointment

Only Order 
What You Need
www.medicinewaste.com

In June we prescribed **10,649** items at our surgery at a cost of **£100,149.71**



A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to certain people in their 70s. The shingles vaccine is given as a single injection into the upper arm. Unlike the flu jab, you'll only need to have the vaccination once and you can have it at any time of the year.

The shingles vaccine is expected to reduce your risk of getting shingles. If you are unlucky enough to go on to have the disease, your symptoms may be milder and the illness shorter.

Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed and shingles is fatal for around 1 in 1,000 over-70s who develop it. It's fine to have the shingles vaccine if you've already had shingles. The shingles vaccine works very well in people who have had shingles before and it will boost your immunity against further shingles attacks.

This year NHS England is offering this vaccine to patients whose date of birth is **02/09/1942 – 01/09/1946** or **02/09/1936 – 01/09/1938**
Please contact the surgery if you are eligible and make an appointment.



Our PPG will be holding a discussion evening on 27th September between 6-8pm focusing on Dementia. They have arranged for speakers from various organisations to be present. This is to be held at St Mary's Church, Hobs Moat road, Solihull. *This information is correct at time of printing*

GP APPOINTMENT?
CAN'T MAKE IT?
DON'T NEED IT?

CANCEL IT!

August DNAs
23 Doctors' Appointments
10 Nurses' Appointments
missed

Dates for your diary.....

We have the following protected learning day at the practice which is part of the Solihull NHS planned calendar of training events. We will therefore be **CLOSED** from 1pm on **Wednesday 28th September** and re-open Thursday 29th September at 8.30am.

