



The Central Healthcare Patient Group Chairs



Jack Stephenson



Diane Robinson



Dave Denton



Janet Martin

Welcome to the Autumn edition of the patient newsletter. It has been a busy time at the Practice and as Patient Group representatives we have been meeting on a monthly basis with the practice management team to offer support with some of the current issues they are working on.

The most pressing issue at the moment is the need to align numbers of patients at each site to the number of available clinicians. There have been some changes to the GP team at Prospect Road. Dr Penfold has relocated to the Lawrence House site, Dr Guest will shortly be leaving, and Dr Hutchinson is due to go on maternity leave. This means that there will be a disproportionate number of GPs to the number of patients being seen at Prospect Road.

There are also more consulting rooms at the Lawrence House site so they are able to care for more patients there. Parking is also slightly better as patients that go shopping at Sainsbury's can park for 3 hours which may help those that wish to tie in their appointments with their shopping trips!

For these reasons some patients will be asked to change to being seen at the Lawrence House site. This will take place slowly over the next 6 months and if you are one of these patients you will receive a letter to inform you of the change. You will be given the option to object to this if you feel moving sites would not suit you.

If you are currently a Prospect Road patient and would like to start being seen at Lawrence House now you can volunteer for this by contacting the Reception at Prospect Road and asking to be moved.



It's flu season!!!!



We are now underway with vaccinating our patients aged 65 and over and those in 'at risk' groups against flu.

For fit and healthy people seasonal flu can range from having symptoms similar to a cold to developing more serious illnesses such as bronchitis and pneumonia, which may need hospital treatment. If people already have a serious disease, flu can be much worse. People sometimes think a bad cold is the flu, but having flu is often much worse than a cold: symptoms include fever, chills, headache, aching muscles, cough and sore throat. And because flu is a virus, antibiotics won't treat it.

Some people are more susceptible to the effects of seasonal flu. For them it can increase the risk of more serious illnesses such as bronchitis and pneumonia, or can make existing conditions worse. In the worst cases, seasonal flu can result in a stay in hospital, or even death.

If you are in any of the following groups you may be eligible for a vaccine.

- You have a weakened immune system
- You are the main carer for someone
 - You are pregnant
- You have asthma (and currently taking steroid medication), bronchitis, diabetes, chronic respiratory disease, chronic heart disease, chronic kidney disease, Parkinson's disease, MS, motor neurone disease, cerebral palsy, a learning disability
- You have a BMI of 40 or above



Vaccination against Shingles and Pneumonia

During our flu season we like to ensure that patients susceptible to other viruses get the extra protection they need.

Shingles (also known as herpes zoster) is caused by the reactivation of an infection of a nerve and the area of skin that it serves, resulting in clusters of painful, itchy, fluid-filled blisters. These blisters can burst and turn into sores that eventually crust over and heal. These blisters usually affect an area on one side of the body, most commonly the chest but sometimes also the head, face and eye.

You're eligible for the shingles vaccination if you're aged 70 to 75 yrs and 6 months old, or 78 or 79 years old and you haven't previously received the vaccine. In addition, if you were born on or after 2.9.1942 but have previously missed out on being vaccinated you can still have it up until your 80th birthday.

More people get pneumonia in winter. This is because other infections that spread easily from person to person, such as flu, are more common in the winter. Catching flu can increase your risk of developing pneumonia.

We are vaccinating people against Pneumonia but we have a limited supply of vaccines so these will be offered to the most at risk patients first. If you are in a high risk category you will receive a letter from us about having this vaccine.

Both the Shingles and Pneumonia vaccines are one off vaccinations for most people. Some people need a Pneumonia vaccine every 5 years and if you are one of these people we will inform you of this.

Our seasonal vaccination clinics are being held on the following dates.

Saturday 21st and 28th September at our Lawrence House site, for ALL patients of Central Healthcare even if you usually attend our Prospect Road site.

This is a walk in clinic which starts at **9am and runs until 3pm**. There is no need to book an appointment, please just come along.

Saturday 5th October at our Prospect Road site, **9am until 2pm**. If you wish to attend this clinic you will need to make an appointment and can do so by ringing 01723 360178.

We are also running bookable daily flu clinics until the end of September at both sites. You can book into one of these by calling 01723 369440 for Lawrence House, and 01723 360178 for Prospect Road.

Next Patient Group Meeting

The next meeting of our Patient Group will take place on 15th January 2020, 13.30 at Lawrence House. If you are a member of the Patient Group please come along and join us. If you aren't yet a member of the group and would like to attend the meeting please ask a Receptionist for a joining form. You can be a member of the group without attending meetings if this is difficult for you.

We are also happy to raise issues on your behalf if you don't want to join the Patient Group or attend meetings. Our contact details can be found on the Patient Group section of the Practice website

www.scarboroughcentralgp.nhs.uk/patient-group/about-our-ppg/

If you do not have internet access a member of our Reception Team will be able to give you a contact number.

Introducing our new GP

Dr Amy Ramsell

Our newest GP Amy joined us in June this year. She is settling in very well and is enjoying being part of our Team.

Amy is based at our Lawrence House site.

She is a newly qualified GP and moved to the area from Newcastle after recently getting married.

She is very interested in Palliative medicine and may specialise in this later on in her career.

Amy loves cycling.

