

## AMHERST MEDICAL PRACTICE 2011 FLU VACCINATIONS

The flu vaccination is free on the NHS for all patients that are aged 65 before 31<sup>st</sup> March 2012 or aged 6 months or older and fall into the following risk groups:-

**Asthma \***  
**Diabetes**  
**Chronic respiratory disease**  
**Chronic heart disease**  
**Chronic renal disease**  
**Chronic obstructive pulmonary disease**  
**Stroke, TIA**  
**Chronic liver disease**

For patients **between the ages of 65 and 84** we will be holding weekday clinics during the months of October and November and these will be held alphabetically by surname as usual. However this year we make a **special plea** to patients to please attend on your specific date. If you are unable to attend on your specified date we ask that you attend the extra clinic being held on Thursday 10<sup>th</sup> Nov 2011.

Please DO NOT ring the Practice. The flu season generates a lot of extra phone calls into the Practice at a very busy time. If you could avoid FLU queries and follow our suggestions this would really help. If it is necessary to phone, please ring Andrea Gauntlett on 01732 467097 who is available Mon to Thur from 9.00 to 4.30 pm.

If you are **under 65** with one of the **chronic diseases** mentioned above you will receive a personal invitation to a special evening clinic. **Carers\*\* and any patient with a Chronic Neurological Disease** are also entitled to a free flu vaccination and we invite you to attend one of our lunchtime clinics (please see overleaf). **Pregnant women and Immunosuppressants** are also entitled and we request that you book an appointment with one of our Practice Nurses.

If you are **aged 85 or over**, you will receive a personal invitation to a special clinic. **\*Asthmatics under the age of 16** – we will be holding clinics on Mon 10<sup>th</sup> and Mon 17<sup>th</sup> Oct 2011. You will receive a personal invitation by letter.

Unless you fit the specific criteria you are not entitled to a free flu vaccination. We are not able to offer a flu vaccination for payment service. We suggest you look for private services usually offered by Sainsbury and Boots.

Here at the Amherst we are continually striving to improve our standard of service and this year we have arranged for an advisor from 'Carers First' to attend some of our clinics. 'Carers First' is a charity which provides advice, help with information, benefits, training, advocacy, emotional support and short breaks (respite) for people that care for a family member or friend. Please see overleaf for times and dates that Lindsay Loft from 'Carers First' will be available. Alternatively you can call her on 01732 357559.

*\*\* People who are the main carer for an elderly or disabled person whose welfare may be at risk if the carer falls ill.*

## FLU CLINICS 2011

The following clinics will be held at our Sevenoaks Practice between the times of **1.00 and 2.30 pm** :-

		<b>Surnames</b>
<b>Wednesday</b>	<b>19<sup>th</sup> Oct</b>	<b>T - Z</b>
<b>Friday</b>	<b>21<sup>st</sup> Oct</b>	<b>O - S</b>
<b>Tuesday</b>	<b>25<sup>th</sup> Oct</b>	<b>I - N</b>
<b>Thursday</b>	<b>3<sup>rd</sup> Nov</b>	<b>F - H</b>
<b>Friday</b>	<b>4<sup>th</sup> Nov</b>	<b>C - E</b>
<b>Tuesday</b>	<b>8<sup>th</sup> Nov</b>	<b>A - B</b>

**Thursday 10<sup>th</sup> Nov**

**This is an extra clinic if you are unable to attend on your specific day.**

As usual no appointment is needed and patients are dealt with on a first come first served basis. We suggest that you do not start queuing before the clinic start time as once the session commences everyone moves through very swiftly. The doors to the Practice will be shut between the times of 12.30 and 1.00 pm. When you arrive for the flu clinic please take a number from the DRUM then take a seat in the main waiting room (reception end). You will then be called forward in number order. Please **DO NOT** take a ticket before parking your car. Thank you.

**Brasted patients will receive an invitation to attend a clinic held at the Brasted Practice and Housebound patients will receive a separate visit from the Community Nurse to administer the influenza vaccination.**

If you are aged over 65 and require the pneumococcal vaccination please book an appointment with one of our Health Care Assistants. It will not be possible to give the vaccination in the flu clinic.

**'Carers First' will be available at the following times:-**

### **Sevenoaks Surgery**

Friday	16th Sept 2011	10.30 to 12.00 pm
Wednesday	19 <sup>th</sup> Oct 2011	1.00 to 2.30 pm

### **Brasted Surgery**

Tuesday	4 <sup>th</sup> October 2011	10.00 to 12.00 pm
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If you are a Carer you may wish to attend on these specific dates for your flu vaccination along with the person you care for.

**We are constantly striving to update our patient database and therefore kindly request that you inform us of any additional details you may have, for example, mobile numbers, email addresses, next of kin and the name of your Carer, if you have one. Forms are available at reception along with 'Information for Carers' packs.**

**Thank you**