



GET
YOUR
FLU
JAB!

Why flu vaccination is important

Flu vaccination is safe and effective. It's offered every year through the NHS to help protect people at risk of getting seriously ill from flu. The best time to have your flu vaccine is in the autumn or early winter before flu starts spreading. But you can get your vaccine later.

Flu vaccination is important because, while flu is unpleasant for most people, it can be dangerous and even life threatening for some people, particularly those with certain health conditions.

How we protect against flu

Flu is unpredictable. Flu vaccination provides the best protection. There are different strains of flu virus. The strains that are most likely to cause illness are identified in advance of the flu season. Vaccines are then made to match them as closely as possible. Even if the vaccine doesn't perfectly match a strain it usually provides some protection against it.

Who can have the flu vaccine?

Flu can affect anyone but if you have a long-term health condition the effects of flu can make it worse even if the condition is well managed and you normally feel well. You should have the free flu vaccine if you are:

- those aged 65 years and over
- those aged 6 months to under 65 years in clinical risk groups. such as:
 - * a heart conditions, such as coronary heart disease or heart failure
 - * a chest complaint or serious breathing difficulties, including bronchitis, emphysema, copd or
 - * some people with asthma (needing a steroid inhaler or tablets)
 - * a kidney disease
 - * lowered immunity due to disease or treatment (such as steroid medication or cancer treatment, some neurological conditions, such as Parkinson's disease, motor neurone disease
 - * liver disease
 - * had a stroke or a transient ischaemic attack (TIA)
 - * diabetes
 - * some neurological condition, such as multiple sclerosis (MS) or cerebral palsy
 - * a learning disability
 - * a problem with your spleen, such as sickle cell disease, or you have had your spleen removed
- ◆ you are have a BMI of 40 and above
- ◆ pregnant women
- ◆ all children aged 2 or 3 years on 31 August 2023
- ◆ living in a residential or nursing home
- ◆ the main carer of an older or disabled person
- ◆ living with someone who has lowered immunity due to disease or treatment
- ◆ frontline workers in a social care setting without an employer led occupational health scheme including those working for a registered residential care or nursing home,

Please book your flu vaccine with us, you can book online, via reception or by telephone.
Please check online or with reception if you cannot attend any of the above dates.

Over 65 clinic

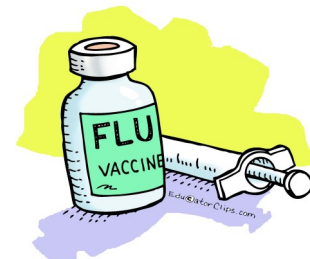
Bedford st: Thursday 28th September

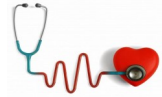
Furzton: Tuesday 3rd October

Under 65:

Bedford st: Thursday 5th October

Furzton: Tuesday 10th October





NATIONAL EYE HEALTH WEEK

MONDAY 18 – SUNDAY 24 SEPTEMBER 2023

YOUR VISION MATTERS

Reflect

One in three of us will suffer sight loss in our lifetime, yet half of this could be avoided.

Routine eye tests to ensure detection and treatment of eye conditions and adopting healthy lifestyles are key to preventing unnecessary sight loss.

A simple eye test can identify underlying causes of potential vision loss. A sight test can also detect other health conditions, like high blood pressure or diabetes.

When it comes to looking after our vision and eye health. The misnomer that 'if your eyes are feeling fine you don't need to have an eye test' is a common reason for not getting eyes checked.

Most people should get a sight test every two years. People with a history of eye conditions in the family may require a sight test more frequently.

Text REFLECT to 85258 to start a free, confidential text conversation with a trained volunteer, who can help with issues such as:

- Anxiety
- Abuse
- Stress
- Relationship problems
- Depression
- Bullying
- Suicidal thoughts
- Panic attacks
- Self-harm
- Loneliness

Texting is anonymous and will not appear on your phone bill. You will not be charged for using this service.

Many groups of people are eligible for free NHS eye tests, including those under 16 and over 60, and those that receive Pension Credit Guarantee, Income Support or Universal Credit and meet the criteria. If you are eligible for a free NHS sight test but are unable to leave home unaccompanied because of physical or mental illness or disability, you may be entitled to an NHS-funded sight test at home (also known as a domiciliary sight test).

Your patient participation group

Your patient participation group (PPG) is made up of a group of volunteer patients, the practice manager and one or more of the GPs from the practice. The group covers both the Bedford Street Surgery and Furzton Medical Centre. No medical or patient information is shared or discussed at the meetings.

The changes to the NHS and the focus on patient involvement means that the PPG now has an increasingly proactive role to ensure that patient views are captured and understood by the Practice. The patient participation group meets on a regular basis to discuss the services on offer, and how improvements can be made for the benefit of patients and the practice.

In order to gather a truly representative sample of patients together, we welcome patients from all manner of diverse backgrounds including young people, students, workers, retired people, people with long term conditions, and people from non-British ethnic groups.

If you are interested in joining the PPG visit the website www.bedfordstreetsurgery.co.uk and click on Practice Information and scroll down to Patient Participation Group to register, or come in to the practice and speak with a member of our reception team.

For a larger font ask at reception