

# **Ashfield Medical Centre & The Grange Medical Centre**



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## Digital Health tools

There are a range of digital health tools that can help support your health and wellbeing. These tools can range from booking GP appointments to self-help techniques for mental health and much more. Here are a few suggestions;

- GP online services – Book appointments, order repeat prescriptions and view your medical record online. Ask our reception team to set this up for you.
- Online consultations - Use our secure online portal on our website to consult with your GP or ask a general query without having to call the surgery. There is also information about self-referral services and information about health conditions.
- If you are over 60 and would like to use online services/consultations but you are not sure how to get started. Contact Crossgates Good neighbours scheme for support Tel 0113 260 6565
- There is a wealth of information in our directory of services on our website, along with practice news and regularly updated practice information.

Visit [www.amedicalcentre.co.uk](http://www.amedicalcentre.co.uk) to access online services and online consultations.



We now have a Facebook page where you will find to the minute practice news, health alerts, national health awareness campaigns, information about local services and groups.

Find us by searching for:

**Ashfield and The Grange Medical Centre**

## Staffing News

We are very pleased to have Dr Burnell-Hornby and Dr Carmichael back with us following maternity leave. We were sad to say goodbye to Dr Khoo who was working with us to cover GP maternity leave. Everyone here at the practice wishes her all the best for the future.

After 17 years working with the practice, our Practice Nurse and Lead Nurse for Quality, Pam Taylor will be retiring at the end of December. She has been integral in developing our award winning long term conditions management, establishing us as an advanced training practice supporting student nurses and shaping the excellent nursing team we have today. We wish Pam a long and happy retirement.

# Flu Vaccine - Who should have it and why?



## **What is flu?**

Flu is a highly infectious disease with symptoms that come on very quickly. The most common symptoms of flu are fever, chills, headache, aches and pains in the joints and muscles, and extreme tiredness.

## **What causes flu?**

Flu is caused by influenza viruses that infect the windpipe and lungs. And because it's caused by viruses and not bacteria, antibiotics won't treat it. However, if there are complications from getting flu, antibiotics may be needed.

## **How do you catch flu?**

When an infected person coughs or sneezes, they spread the flu virus in tiny droplets of saliva over a wide area. These droplets can then be breathed in by other people or they can be picked up by touching surfaces where the droplets have landed. You can prevent the spread of the virus by covering your mouth and nose when you cough or sneeze, and you can wash your hands frequently or use hand gels to reduce the risk of picking up the virus.

## **How do we protect against flu?**

Flu is unpredictable. The vaccine provides the best protection available against a virus that can cause severe illness. The most likely viruses that will cause flu are identified in advance of the flu season and vaccines are then made to match them as closely as possible.

## **Am I at increased risk from the effects of flu?**

• pregnant or have a long term condition such as: • a heart problem • a chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma • a kidney disease • lowered immunity due to disease or treatment (such as steroid medication or cancer treatment) • liver disease • had a stroke or a transient ischaemic attack (TIA) • diabetes • a neurological condition, eg multiple sclerosis (MS), cerebral palsy or learning disability • a problem with your spleen, eg sickle cell disease, or you have had your spleen removed • are seriously overweight (BMI of 40 and above)

## **Who should have a flu vaccine?**

- everyone aged 65 and over
- everyone under 65 years of age who has a medical condition listed above, including children and babies over six months of age
- all pregnant women, at any stage of pregnancy
- all two- and three- year-old children (provided they were aged two or three years old on 31 August of the current flu season)
- all children in primary school
- everyone living in a residential or nursing home
- everyone who cares for an older or disabled person
- household contacts of anyone who is immunocompromised
- all frontline health and social care workers

## **Common Myths about flu**

**Myth: Taking daily vitamin C supplements will stop you getting flu.**

**No, There is no evidence to prove this.**

**Myth: The Vaccine can give you flu.**

**The injected flu vaccine given to adults contains inactivated flu viruses cannot give you flu. The children's nasal spray flu vaccine contains live but weakened flu viruses that will not give your child flu.**

**Myth: I've already had flu. I don't need a flu vaccine.**

**You could go on to catch another strain, so it's recommended you have the vaccine even if you have recently had flu.**

# Repeat Prescriptions



We aim to process repeat prescription requests within 48 hours. Some prescriptions, such as new items, drugs that need close monitoring or those with an overdue review date, can take 48-72 hours to process.

**We do advise patients to order repeat prescriptions 7-10 days before they are due to run out to ensure that any delays will not affect supplies of medication.**

Here are some practical steps that you can take to minimize delays with your repeat prescription;

- Ensure that you attend for blood tests and/or reviews at the recommended intervals
- Make use of the technology available by registering for online services. You can book or cancel appointments, order repeat prescriptions and view your medical record
- Use the electronic prescription service (EPS). You can nominate any pharmacy to receive your prescriptions whether that's close to home or work
- Order prescriptions at least 7-10 days before you are due to run out.
- Make sure you are only ordering what you need and if you are ordering early make sure you tell us why.

## Target Training

We close at 12pm on the following days for Target training in line with all South and East Leeds GP practices.

**Tuesday**  
**12/11/19**

**Tuesday**  
**14/01/20**

**Tuesday**  
**11/02/20**

## New Opening Hours

To provide easier access for patients across the week, we will no longer be closed for half days on Wednesdays at The Grange and on Thursdays at Ashfield.

### GP appointment?

### Don't need it?

**Cancel it!** In August 2019: 23 GP appointments were missed wasting over 3 hours of GP time. Appointments that are no longer needed can be cancelled by text message, online, over the phone or in person.

## Opening Times

### The Grange

**Monday** 08:00 - 18:00

**Tuesday** 08:00 - 18:00

**Wednesday** 08:00 - 18:00

**Thursday** 07:00 - 18:00

**Friday** 08:00 - 18:00

**Weekend** *closed*

### Ashfield

**Monday** 08:00 - 18:00

**Tuesday** 07:00 - 18:00

**Wednesday** 08:00 - 18:00

**Thursday** 08:00 - 18:00

**Friday** 08:00 - 18:00

**Weekend** *closed*

