

# Long Furlong Medical Centre

## Flu Vaccination Information

August 2024

### Welcome to the Long Furlong Newsletter

Please tell us if you have any feedback about this newsletter or ideas for content in the next issue by emailing [debbie.major@nhs.net](mailto:debbie.major@nhs.net)

### Practice News

Dr Louise Reed has joined the practice as a salaried GP and works Monday and Tuesday.

### Flu Vaccination Information 2024

[When should you get your flu vaccine? - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

#### At Risk Groups

Those in the risk groups below are more likely to develop potentially serious complications of flu, such as pneumonia so it is recommended they have a flu vaccine every year to protect them:

- Age Over 65 (including those who will be 65 by 31 March 2024)
- Pregnant women
- Under 65 with an underlying chronic disease:
  - Respiratory disease including severe asthma or COPD
  - Heart Disease
  - Kidney Disease
  - Liver Disease
  - Neurological Disease
  - Spleen dysfunction or no spleen
  - Weakened immune system due to disease or drug treatment
  - If you are in receipt of a Carer's Allowance
  - Those living with anyone with a weakened immune system
- Health & Social Care Workers who are registered patients at the practice who are employed by a registered residential / nursing home or registered domiciliary care provider and health and care staff employed by a voluntary managed hospice provider who are directly involved in the care of vulnerable patients / clients aged 65 yrs+ who are risk from exposure to influenza.

#### RSV (Respiratory Syncytial Virus)

From 1 September 2024, those who turn 75 and those age 75 to 79 will be eligible for a free vaccine to protect them from respiratory syncytial virus (RSV). RSV is an infectious disease of the airways and lungs. RSV infection often causes symptoms similar to a cold, including:

- cough
- sore throat
- sneezing
- a runny or blocked nose

## **FLU CLINIC DATES & BOOKING 2024**

Appointments for all clinics can be booked online **via Patient Access**

### **RSV (Respiratory Syncytial Virus)**

Where: at the surgery on

Thursday 5<sup>th</sup> September  
Tuesday 24<sup>th</sup> September

### **Adult's Aged 65 and Over Flu Vaccine Clinics**

Where: at the surgery on

Thursday 3<sup>rd</sup> October  
Friday 4<sup>th</sup> October  
Monday 7<sup>th</sup> October  
Tuesday 8<sup>th</sup> October  
Wednesday 9<sup>th</sup> October  
Thursday 10<sup>th</sup> October  
Saturday 12<sup>th</sup> October  
Monday 14<sup>th</sup> October  
Tuesday 15<sup>th</sup> October  
Thursday 17<sup>th</sup> October  
Friday 18<sup>th</sup> October  
Monday 21<sup>st</sup> October  
Tuesday 22<sup>nd</sup> October  
Thursday 24<sup>th</sup> October  
Monday 28<sup>th</sup> October  
Tuesday 29<sup>th</sup> October  
Wednesday 6<sup>th</sup> November  
Thursday 7<sup>th</sup> November

More clinics for adults & children will be offered as the vaccines become available. Please check our website for regular updates. [www.longfurlongmedicalcentre.co.uk](http://www.longfurlongmedicalcentre.co.uk)

### **Children's Flu Information**

**All children aged 2 and 3 years on 31 August 2023** - Will receive the nasal vaccine at the GP surgery.  
**School-aged children (from Reception - Year 11)** - Will receive the nasal vaccine at school this year.

### **Children's Nasal Flu Vaccine Clinic**

Where: at the surgery on

Tuesday 24<sup>th</sup> September  
Wednesday 25<sup>th</sup> September  
Thursday 26<sup>th</sup> September

# Your Patient Participation Group

## Who We Are

Your Patient Participation Group (PPG) presently consists of 16 patients.

12 are able to attend our quarterly, on-line "Teams" Meetings, 4 are email only members.

All are volunteers, who support and influence healthcare at Long Furlong Surgery by offering the patient's perspective.

At our meetings we are joined by a GP Partner and the Practice Manager

## What We Do

Our purpose is:

- To provide a patient perspective of the practice
- To gather views and feedback from patients
- To help improve the experience of patients attending the surgery.
- To improve communication through the practice website as well as through noticeboards, emails, texts and social media.
- To share ideas to help patients to take more responsibility for their own health and to help improve the services offered by the practice.
- To act as a representative group that can be called upon to influence the local provision of health and social care.

## What the PPG Doesn't Do

- We do not deal with personal medical issues or complaints, as there are already well-established procedures that deal with these.
- What commitment is required on your part if you would like to join?
- We meet online quarterly and that meeting takes up to 90 minutes.
- We ask you to give your views about issues at the practice and possibly upcoming changes at the meeting or by email.
- We have a low volume of emails with an occasional flurry if there is an important issue to discuss.
- In summary, it is a low time commitment with occasional emails and if you can attend a quarterly meeting.
- It is important to mention that we have recently introduced an occasional face-to-face social meeting for coffee.

## How can you become a member?

All patients of Long Furlong Surgery are able to become members of the Patient Participation Group. There is no membership or joining fee and no training is required. If you wish to:

- Join us, give us your views/feedback or just find out more.

Please email the PPG at [bobicb-ox.ppg.longfurlongmedicalcentre@nhs.net](mailto:bobicb-ox.ppg.longfurlongmedicalcentre@nhs.net) or leave your details at reception for the attention of the PPG Secretary.

**We are very keen to recruit younger patients and patients with young families.**

## **From the chair of the PPG:**

*The PPG would like to hear from the patients of LFMC about their views on the services provided. Using the email address above, please let us know if any issues you might have (good or bad) and any comments on improvements you would like to see. The PPG meets regularly (quarterly) with the management and senior partner of the Practice to discuss how services can be improved or pass on views on good points.  
Thank you*

# Get your free flu jab



Some people with a learning disability can get very ill if they get flu.



The best way to avoid flu is to get a free flu jab.

**NHS**  
GP surgery

You can have the flu jab at your GP surgery.



Or you can have the flu jab at a pharmacy.



If you are scared of needles, tell the nurse. You may be able to have the vaccine as a nose spray instead.



# Did you know?



**In the last 5 years GP practices have lost funding worth over £660 million.**

We're not allowed to use the poor funding we have to recruit more GPs or more practice nurses.



**This is why  
you struggle  
to see your GP**

**General Practice is being broken.  
We know you deserve better than this.  
GPs Are On Your Side.**

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