

Burton Latimer Medical Centre

Autumn Newsletter



Have You Booked Your Flu Jab Vaccine Yet?

Flu vaccination is available every year on the NHS to help protect adults and children at risk of flu and its complications.

Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week.

However, flu can be more severe in certain people, such as:

- anyone aged 65 and over
- pregnant women
- children and adults with an underlying health condition (such as long-term heart or respiratory disease)
- children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious complications of flu, such as pneumonia (a lung infection), so it's recommended that they have a flu vaccine every year to help protect them.

Who should get the flu vaccine?

The flu vaccine is routinely given free on the NHS to:

- adults 65 and over (including adults over 18 at risk of flu)
- pregnant women
- children aged 2 and 3
- children in reception class and school years 1, 2, 3, 4 and 5
- children aged 2 to 17 years at risk of flu

This year's flu vaccine clinic dates at Burton Latimer Medical Centre are below. Please call 01536 723566 or come into reception to book your appointment. If you are unable to make one of these appointment dates but would like a flu vaccine and you fall into one of the above categories, please speak to one of our receptionists about an alternative date.

Under 65's	Saturday 22 September	Saturday 20 October
65 and Over	Monday 19 November	Monday 26 November

Please call today to book a flu clinic appointment on 01536 723566

Please make sure we have your correct details on file. It is important that we have your correct home address, mobile number and home telephone number. This will enable us to contact you quickly and more efficiently.

Ordering Repeat Prescriptions Online

You may have recently received a letter from Nene CCG regarding the changes to your repeat prescription ordering.

From 3rd October, we will no longer be accepting prescription requests from pharmacies for the majority of our patients. Therefore we are asking you to order your medicine online.

It is a very simple process to register online. Next time you visit the surgery please bring with you a form of photographic ID such as passport, bus pass or driving licence and ask at reception for your unique password. This ensures your identity can be verified by us and your personal details cannot be accessed by others.

There are also extra benefits to you as a patient if you sign up online.

- Booking appointments anytime of the day.
- Access to GP records (currently summary information only)
- Test results

Should you have any questions relating to online ordering please speak to a receptionist.

Kettering Park Run

We are delighted to have officially become one of the first "Parkrun Practices" in Northamptonshire.

We have teamed up with Kettering Parkrun to help promote the benefits of Parkrun to our patients.

What is a Park Run?

It is a fun run that helps local people to stay fit and healthy.

The event is held every Saturday at 9am at Wicksteed Park in Kettering and anyone can attend for free.

People can run, jog, or walk the 5km (3.1 mile) course. Organisers do ask local people to register on their website first for safety reasons.

If you would like to know more about Parkrun, to book your place and how to get involved please visit their website. www.parkrun.org.uk/kettering/

Patient Participation Group

We meet at the surgery every two months in order to improve patients experiences. In the recent months we have organized and supported events involving AGE UK and Northamptonshire Carers. These were to inform patients and their carers of a wide range of services of support that they offer.

If you would like to find out more about the PPG please call Debbie on 01536 720983