

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.

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

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 years flu clinics are running throughout October, November and early December. This will enable all the patients that need a flu jab to book one at their convenience.

Please speak to one of our receptionists about booking an appointment for your flu jab or if you have an appointment, why not speak to your clinician about the flu jab and they might be able to do it there and then.

Finedon Health Centre Surgery Closure

Following a public consultation, our application to close Finedon Health Centre has been approved.

This means the surgery will close on Friday 29th November 2019, after which every patient currently registered at Finedon, including those registered at this address, will be invited to remain with our practice at Burton Latimer, which is under three miles away from Finedon Health Centre.

Patients who wish to register with an alternative practice are welcome to do so. Details for other local NHS GP surgeries can be found on the NHS website: www.nhs.uk/service-search

Contact Details

www.burtonlatimermedicalcentre.co.uk

Burton Latimer Medical Centre 01536 723566

Finedon Health Centre 01933 680223

First Contact Physio

Burton Latimer Medical Centre have been working with a new physio service based at Prospect House in Kettering.

First Contact Physiotherapy is a new service aimed at patients aged over 18, have a new musculoskeletal problem, not currently receiving treatment or have not yet been seen by a clinician.

Patient's will be offered an assessment and advice on how to manage their condition.

Conditions eligible for referral include:

- Soft tissue/Muscle/Tendon/Ligament strains/sprains.
- Joint pain/injury.
- Acute flare up of a long-term condition.
- Back/Neck Pain.
- Postural Pain/Problems.
- Osteoarthritis.
- Minor Trauma (Falls / Sports injuries).

If you feel you qualify for a First Contact Physio referral please speak to one of our receptionists about booking your appointment.

All physio sessions take place at the HUB, Prospect House, Kettering, NN16 8DN

Minor Ailments

It's that time of year when we start to pick up the odd cough, cold or sniffle. These minor ailments can be best treated by visiting your local pharmacy for advice and treatment.

By Visiting your pharmacy instead of your GP, you could save yourself time and trouble. There is no need to book an appointment, just walk in.

Pharmacists can help recognise and treat many common illnesses. They can give you advice and where appropriate, recommend over-the-counter medicines that could help clear up the problem.

Podiatry Self Referral

NHS Northamptonshire Podiatry are now running a free self referral system for patients that qualify for care with their feet.

If you would like to find out if you qualify for a self-referral please contact the Patient Contact Centre on 0330 555 6789 or visit www.nht.nhs.uk/podiatry

Protected Learning Time

Burton Latimer Medical Centre will be closed from 12.30pm on the following dates.

9th October

6th November

4th December

This enables the clinicians and surgery staff to keep their training updated.