

# Huthwaite Medical Practice Autumn Newsletter 2010



## WELCOME

Welcome to our Autumn Newsletter. Within this issue is some routine advice regarding the flu clinics, an update on the new fit note and an invitation to attend our HIP (Huthwaite Involving Patients) group's healthy living event. The group have worked very hard to set up this event which should be both fun and interesting. Your support is really important for this event as if successful I am sure our HIP group will be keen to set up further events.

I would like to welcome our new Registrar GP's Dr Lindsay Summers and Dr Sangeetha Rajadorai. Both have settled in very well and have excellent previous experience of general practice. Lastly we would like to say goodbye to Charlotte Mellors and Paula Chadburn, who have both contributed to the administration team and we would like to wish them well in their new ventures.

## CARERS

### Do you care for someone?

Make sure you register as a carer with your Doctor and Carer Co-Coordinator by completing a leaflet (available in reception). As a carer you are also eligible for the flu vaccine, please book your appointment at reception.

## HOME VISITS

If a patient can come to surgery then it is strongly recommended that they do so. The surgery has the facilities and access to appropriate equipment, which cannot be brought to patients homes. Home visits are reserved for the housebound and those too ill to come to surgery. It is practice policy not to visit children at home as they are eminently portable and even if they have a fever, will not come to any harm by being brought to surgery, as long as they are wrapped up. Same day visits requests should be made before 10.00am.

## HIP Newsletter

Well summer has been and gone, October is here and all that left to say is "winter draws on" October is a busy time for the HIP group and on Saturday the 9<sup>th</sup> and the 23<sup>rd</sup> there are the Flu vaccination clinics at the health centre and our members will be in attendance on both days. If you have not yet booked your jab and you are in one of the eligible groups there are still appointments available on the 23<sup>rd</sup>. Also this month on Thursday the 28<sup>th</sup> the HIP group are promoting a "Healthy eating event" at the Leisure centre on New Street between 2.00pm and 5.00pm. Please come along FREE tickets for the event will be available at both flu clinics or from the health centre reception at any time. Along with smoothie making, help and advice on healthy foods healthy eating and recipes there will also be practical cooking demonstrations and free tasting sessions so come along and join in

Can you spare a couple of hours per month and would like to get involved in shaping the future of your practice, acting as a representative of the local patient population, please contact Lorraine on 01623 513147 for time and date of next meeting.

Please note this groups function is only to help with patient/practice running and relationships on a general basis and cannot help resolve individual issues which should be taken up directly by calling to see the Practice Manager.

R Allen

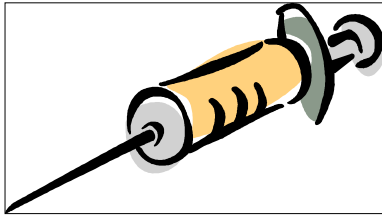


# FLU VACCINE 2010

While a flu vaccine won't prevent coughs and colds, it will protect against those strains of the flu virus

The flu virus constantly changes so you need a new flu jab every autumn.

Although most people recover from flu after a couple of weeks, some can develop life-threatening complications. You are more vulnerable to it's effect if you fall into one or more of the following AT RISK groups



- Chronic Respiratory Disease
  - Asthma
  - COPD
  - Bronchiectasis
- Chronic Heart Disease
- Chronic Kidney disease
- Chronic Neurological Disease
  - Stoke
- Transient Ischemic attack ( TIA)
  - Multiple Sclerosis
  - Diabetes
  - On insulin or tablets
  - Diet controlled diabetes
- All People aged 65years and over
  - Chronic Liver disease
- Main Carers for the elderly or disabled
  - Low immunity
- People who have no spleen, or are taking chemotherapy or steroids
  - HIV /Aids
  - Poultry Workers

If you have any doubt about your condition and weather you are included in the At risk group please contact the surgery for advise.

We are now booking appointment for the flu clinics

THE VACCINE IS FREE TO ALL IN THE AT RISK GROUPS

The clinic dates are as follows

Saturday 23<sup>rd</sup> October 9.00 – 11.45  
Monday 1<sup>st</sup> November 11.00 – 12.30  
Thursday 4<sup>th</sup> November 6.20 – 7.40

sick note

to

fit note

## SICK NOTE TO FIT NOTE

Fit notes have replace the old doctors sick note since April. There are some important differences between the two notes which are outlined below. If you are unsure just ask our receptionist who will be happy to advise you further.

- Fit note enables your GP to say if they think you are 'not fit for work' or 'maybe fit for work'. Your GP can give advice to your employer on how simple changes to your job may enable you to return to work earlier. However, if your employer feels these changes cannot be made then the note will function as if your GP had said you are 'not fit for work'
- Your GP can sign these notes based on reports of other doctors or from a telephone assessment.
- You no longer need a note to sign you back to work and those will not be issued.
- A fit note is not needed for the first seven days of absence caused by illness or an injury. Notes covering this period will not be issued. If you are having trouble with your employer over these matters you should consult your Union or the ACAS Helpline (08457 474747).
- Remember that long periods out of work can worsen your health and the longer you are absent through illness, the less likely you are to return to work!