

Patient Participation Group

Newsletter

Prince of Wales Surgery

Autumn 2018



Get the job – Get flu safe



To book your job, contact your GP today

WWW.PRINCEOFWALESSURGERY.CO.UK

The Patient Participation Group is your voice in the practice

If you wish to comment or give your thoughts to the PPG the email addresses of the Chairman and Secretary are in the side bar.

Flu vaccinations and Clinics

This newsletter is concentrating on Flu and the vaccinations as it has all become a little complicated this year due the introduction of a new vaccination that is recommended to patients over the age of 65years.

There are 3 different vaccines this year. The different vaccines ensure that the different age groups are given the vaccine most suited for their immune system.

6 months-17 years, all 2-3 year olds, 10-17 year olds who are at risk i.e. asthmatics—Quadrivalent live attenuated flu vaccine (nasal spray)

18 years—64 years - all at risk groups between these ages, pregnant women, and households of immunosuppressed individuals—Quadrivalent inactivated flu vaccine

65 years and over— Adjuvanted trivalent flu vaccine

Public Health England are emphasising the need for patients who are most at risk especially those over the age of 75 years to be given vaccines first to ensure sufficient supply.

KEY MEMBERS OF THE PPG

Chairman

Peter Hazelton

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Secretary

John Weir

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MEET THE CORE MEMBERS

In the last newsletter we introduced you the Chairman Peter Hazelton of the PPG. This month we introduce

John Weir—Secretary of the Prince of Wales PPG

I moved to Dorchester in 1999 soon after my retirement date.

I have been involved in voluntary activities during that time including being a Governor at Dorchester County Hospital.

I currently volunteer at Age UK, Friends of DCH and the Foodbank and I am an active member of Dorchester Baptist Church.

I am happy to be contacted by you if you have any queries that you wish to raise.

Copies of the minutes from the meetings can be found on the practice website.

IF YOU WOULD PREFER TO
RECEIVE A COPY OF THIS
NEWSLETTER BY EMAIL
PLEASE LET US NOW

WHAT IF I DON'T MEET THE FLU VACCINATION CRITERIA?

If you are not eligible for a flu vaccination under the NHS regulations then you can always buy one at your local chemist or supermarket.

They will make a small charge for patients who are not eligible under the NHS vaccination programme but it is worth considering a vaccine so that you can protect yourself and those around you.

FLU CLINIC DATES

The surgery is running Saturday clinics for flu vaccines as usual and you should start to receive your text messages or letters inviting you to book an appointment. The dates are currently set at the following and all times are 8.30am to 12.00pm:

At Risk 64 years and under -
Saturday 6th October

65 years and over — Satur-
day 22nd September and
Saturday 20th October.

There will be a further clinic in November, but due to the delivery times the surgery has not advertised these dates yet.

NEXT CARERS MEETING

There will be another Carers afternoon tea at the beginning of December. The date will be advertised in the surgery and on the website nearer the time.

If you are a carer or you know someone who is a carer then please pass this message on to them.

FLU FACTS

Flu is an acute respiratory infection that spreads easily between people. It gets passed on when someone already has the flu virus coughs and sneezes and do not use a hanky or wash their hands as it is easily spread by touch on objects (such as door handles or bannisters) or by touching someone directly (such as shaking hands).

By getting a flu vaccine you are reducing the chance of passing the vaccine to elderly or sick people who may be more vulnerable to viruses.

TAKING CARE OF VULNERABLE NEIGHBOURS

As summer slides away and we head into autumn and winter it becomes increasingly necessary to keep an eye on friends and family who maybe at increased risk during the colder months.

Vulnerable people do not necessarily have to be the old, you may have neighbours who are disabled or infirm and may find it difficult to get out and about for shopping etc.

We are very lucky in Dorchester that we have so much quite nearby but if you have reduced mobility even this can be a challenge.

So if you can offer lifts, or do shopping for those less able to get out especially during the colder months when it may be difficult underfoot that would help to keep someone in their own home for longer.

PAN DORSET NUTRITION PROGRAMME

Present partners are: Dorset County Council, Tricuro, Dorset CCG, Dorset Health Care and GP Practices.

Malnutrition costs the nation £20 billion in health and social care costs, the pure health costs of malnutrition has been calculated at £1449 per patient at risk. Currently there are no costs for social care.

Most malnutrition is found in the community, and the Pan Dorset Programme concentrates on early intervention and prevention within the community.

The programme involves the nutritional screening for malnutrition of all adults who:

- Are visited at home by Dorset Health Care, Dorset County Council or Tricuro Reablement
- Attend a Tricuro Day Service or Respite Care
- Are being discharged from a community hospital

Once screened the data is shared by all partners which helps to ensure joined up care pathways.