



STAY WELL THIS WINTER

If you're eligible for the flu jab, get it booked NOW! There are a number of groups of people for whom the flu jab is free – and it's free for a really good reason! It's to help you stay well!

Catching flu over the winter period can cause all sorts of problems, and this year's flu vaccine is the best protection you can get against this unpredictable virus. So, if you're one of the people who is eligible for a free injection, then get it booked now.

People who are eligible this year are:-

- Everyone who will be over 65 on March 31st 2019.
- People with long term conditions.
- Women who are pregnant.
- Children – they usually have a nasal spray
- Carers
- People living in a long stay care facility.

To be clear on children – here is the specific list of who is eligible:

- Children over the age of 6 months with a long term health condition.
- Children born between SEP 1 2015 and AUG 31 2016
- Children in reception class or attending school in years one, two, three or four.

There are quite a number of details associated with each of the categories listed above (for example which long term conditions apply) and it would be inappropriate to list them all here. If in doubt, here is the link with all the details:

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

As we offer a warm welcome to **Dr Andrew Davy** who has joined Wolstanton Medical Practice as a Partner, here are a few words from Dr Davy himself;

"Having worked at Wolstanton Medical Centre for the past year as a salaried doctor it was an easy decision to want to join as a partner. I have witnessed a dedicated team of people here that genuinely care about their patients and want to provide the best for them. I feel privileged to have been asked to become a more permanent part of the practice team. Good general practice should be a key support to its local community of patients, often providing support when things are most difficult in people's lives. I look forward to trying to continue that good work, advancing it over the coming years with the fantastic team of people that already work here."

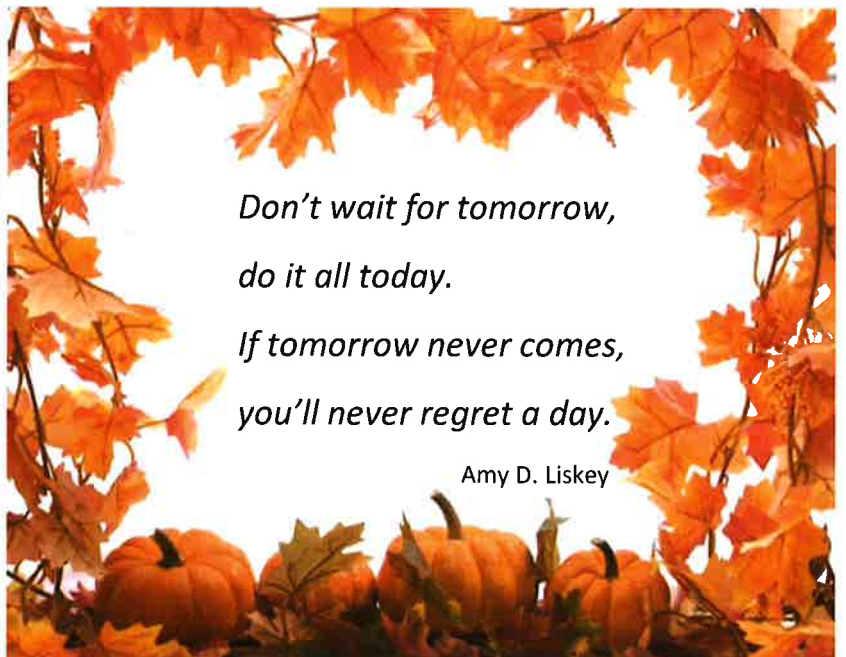


when it's less urgent than 999

111 is the NHS non-emergency number. It's fast, easy and free.

Call 111 and speak to a highly trained adviser, supported by healthcare professionals. They will ask you a series of questions to assess your symptoms and immediately direct you to the best medical care for you. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

<https://hucweb.co.uk/services/nhs-111/>



*Don't wait for tomorrow,
do it all today.*

*If tomorrow never comes,
you'll never regret a day.*

Amy D. Liskey



Academic General Practice Update

A culture of research is blossoming at Wolstanton Medical Centre, which is leading to new and exciting ways of working. Your help in the evaluation of general practice delivery of care will change the patient journey for the better.

Sarah Lawton is the Academic General Practice Project Manager. Sarah is working across both Keele University and the practice. If you would like to find out more, please contact, academicgp.wolstanton@keele.ac.uk and updates on the Academic General Practice activities will be provided here in the future...



What's new?

- An automated check-in screen will hopefully be arriving at the practice this autumn.
- Extended access primary care services are now available to all patients for both pre-bookable and same day appointments from 1st September 2018.

Why not join our Patient Participation Group (PPG)?

Meetings take place monthly and all welcome!



Complete a PPG Contact Slip for more info...

This season our PPG Group have been finding out about...



North Staffs Carers Association (NSCA)

NSCA covers the whole of North Staffordshire, supporting informal carers from the age of 8 upwards. They are based in Fenton and provide support in the form of access to;

support workers, support groups, social groups, complimentary therapies, and they are a hub of information for carers.

NSCA receive no statutory funding but are supported from various grants. They also run various fundraising activities. Find out more here; www.carersfirst.com

nsc.

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www.wolstantonmedicalcentre.nhs.uk and



a Keele University Academic General Practice