

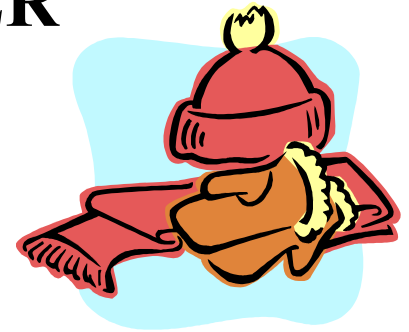
# Fortrose Medical Practice

## Fortrose Medical Practice



## NEWSLETTER

Winter 2010



Dear Patient

Welcome to our latest newsletter. With the first cold spell and snow already in November, please take some time to read our latest newsletter with important information for our patients:

### **OPENING HOURS OVER THE FESTIVE SEASON**

The surgery will be open as usual apart from the following days:

**CLOSED - Monday, 27<sup>th</sup> December 2010**

**CLOSED - Tuesday, 28<sup>th</sup> December 2010**

**CLOSED - Monday, 3<sup>rd</sup> January 2011**

**CLOSED - Tuesday, 4<sup>th</sup> January 2011**

If you need medical attention or advice when the surgery is closed, please contact NHS24 on telephone 08454 242424. NHS24 is a 24 hour health service which has round the clock advice and support.

In an emergency dial 999.

### **FLU VACCINATION**

All our seasonal flu vaccines have arrived and if you are entitled, but have not yet received your injection, please contact the surgery to make your appointment. Anyone who suffers from heart or lung problems or is 65 or over should get the flu vaccine.

Conditions and diseases which can make flu much more dangerous include:

- Asthma
- Bronchitis
- Emphysema
- Cystic fibrosis

- Chronic heart disease
- Chronic kidney failure
- Cirrhosis/hepatitis
- Multiple sclerosis
- Diabetes
- HIV infection

If you have children who suffer from any of these conditions they should be vaccinated too. Anyone undergoing chemotherapy or radiotherapy treatment should also get vaccinated.

To help stay healthy and benefit those they look after, unpaid carers are also eligible for the flu vaccine. This includes young people who look after a relative or friend who is infirm, disabled or who has long-term health problems.

If you have an appointment to see the GP, the nurse or the Health Care Assistant for another matter, they will offer the vaccine to you during this appointment and you will not have to make another - separate - appointment.

### **WEAR IT PINK DAY 29.10.2010**

The surgery once again participated in this event for the breast cancer campaign and raised £33.57. We would like to thank everyone for their donation and support.

### **WINTRY WEATHER**

As we enter a season of freezing temperatures and possibly snow we would ask patients to ensure they have sufficient stock of their repeat medication in case of difficulties getting to the surgery and/or pharmacy.

### **PROTECTED LEARNING TIME (PLT)**

Our next PLT dates are:

Tuesday, 22<sup>nd</sup> February 2011

Wednesday, 23<sup>rd</sup> March 2011

The surgery will be closed from 1pm on these days to allow for staff training. Emergency medical cover is provided and if you need urgent medical attention or advice you can access this by phoning the usual practice number 0844 477 2497.

**The practice team wishes you a merry Christmas and a healthy and happy 2011!**

