

# Nettleham Medical Practice

And Cherry Willingham Branch Surgery August 2015

## Flu Clinics

It's that time of year again when the practice once again start to plan the annual flu clinics. We are pleased to announce that our Flu Vaccination clinics will commence at the beginning of October and run periodically until the middle of November. Influenza is a virus causing a lung or respiratory infection. While for most people it is only an unpleasant illness that should pass in about a week, it can cause serious complications, particularly in young children and older adults.

Getting a flu vaccination is the most effective way to stop you catching flu and passing it on to others.

Vaccination is available for patients who fit one of the criteria listed below:

- Pregnant (at any stage of the pregnancy)
- Children aged 2, 3 or 4 years of age (the vaccination is delivered via nasal spray rather than injection)
- A Carer (If you are the main carer for an elderly or disabled person, their well-being could be placed at risk should you fall ill)
- Aged 65 years or over
- Aged 6 months and over **and** suffer from any of the following conditions:
  - Chronic respiratory disease
  - Chronic heart disease
  - Chronic kidney disease
  - Chronic liver disease
  - Chronic neurological disease
  - Diabetes
  - Immunosuppression

Appointments will be available to book from the week commencing 17<sup>th</sup> August 2015. You can book an appointment either online (if you have registered to use the online system) via the practice website or by contacting the practice by telephone after 10:30am any day.

## Monthly Early Closures for Training 2015

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In order to enable our doctors and staff to be kept up to date Nettleham surgery will be closed for training at 1pm on the following afternoons.

Emergency help is still available by calling 111

Tuesday 18<sup>th</sup> August 2015

Tuesday 15<sup>th</sup> September 2015

Tuesday 20<sup>th</sup> October 2015

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Contact Details - Nettleham 01522 751717  
Website - [www.nettlehammedical.co.uk](http://www.nettlehammedical.co.uk)

When the surgery is closed ring freephone 111  
Practice Manager - Helen Lunn