

# Arrival Medical Practice



## Autumn Newsletter 2019

### Influenza Vaccinations

The Flu vaccine is offered **FREE** of charge on the NHS to patients who are in the **AT RISK** group. This helps protect them against catching flu and developing serious complications.

You should have the flu vaccine if you are:

- Over 65 years of age
- Pregnant
- A carer
- Severe Asthma, COPD, Heart Disease, Kidney Disease stage 3, 4 or 5, Liver Disease, Diabetes, Immunosuppression or Obese

The Flu vaccine is free on the NHS for Children if that are

- Over 6 months of age and have a long term health conditions
- Aged 2 and 3 years
- Primary School age.



The injected flu vaccine contains inactivated flu viruses, it **CANNOT** give you flu.

The Children's nasal spray flu vaccine contains live but weakened flu viruses that will not give your child flu

# **\*\*Practice News\*\***

We are closed for training on the afternoon of Thursday 17<sup>th</sup> October 2019



We now take repeat prescription orders over the telephone. You must know the exact name of the medication needed.



## **Patient Participation Group**

We had a very active Patient Participation Group when we had Ruth (Receptionist) and many of you know we created a very excellent Arrival Cook Book – which are still on sale!



We are looking to get things started back up as a PPG. If you are interested please pass your name on to the reception staff and we will contact you to be part of an amazing group

Have  
Your  
Say  
**Patient  
Participation  
Group**