

## Seasonal Flu

'Flu is not just a simple cold. It can make you feel very unwell for several days with a high temperature, aching limbs and weak muscles. In susceptible people, it can make you very ill. Vaccination can prevent you from catching 'flu but it is important for people who are most at risk to have an injection every year as the virus changes.

### Who should have a 'flu vaccination?

The Department of Health (DoH) recommend that everyone **aged 65 years and over** should be given their **free** 'flu vaccine each year. In addition to this group, the DoH recommend that this year the following people should also receive vaccination:



Those with chronic lung disease, chronic heart disease, chronic kidney disease, a weak immune system, in long-stay residential accommodation, with asthma and on continuous inhaled steroid medication, those with diabetes, pregnant women and carers.

We hope to be able to offer vaccination to a broader selection of patients than this, but the supply of 'flu vaccine is always limited and we therefore give priority to the above-mentioned high risk groups.

You are most likely to catch 'flu in the winter, so we recommend immunisation from October onwards. *Please ring us to arrange your appointment and to ensure you are protected against flu this year.*

## New Registrars

We are delighted to welcome 4 new GP registrars to the Bassett Road team this autumn - Drs Ben Savu (m) and Rajpreet Kalsi (f) will be with us until July next year, Dr Aman Sharma (m) until February and Dr Amelia Darley until April. Dr Abi Taylor is more part-time and continues making a valuable contribution to the team



## Other Clinician Changes

Since the last newsletter, we are delighted to confirm that we have appointed Dr Laura Lewis as an additional partner within the practice, working Mondays, Wednesdays & Thursdays. In addition, Dr Elinor Mathieson, has increased her commitment slightly so that she is now working Mondays, Tuesdays, Thursdays & Fridays.

Many of you will by now have had contact with our new Clinical Pharmacist, Clara, who joined us earlier in the year leading on respiratory care within the practice as well as reviewing the medications of those of our patients who have particularly complex regimes. Karen Puddifoot continues in her role as HCA and will be leading on our flu campaign this year after the success last year with improved immunisation uptake. We hope that her late evening and Saturday morning clinics mean that access for some working patients is improved.

Also now working on Saturdays is the newest member of our Practice Nursing Team, Louise Dill and again we hope that this will improve access particularly for our working population.

## CQC Visit

We are delighted to confirm that following our inspection by the national body the Care Quality Commission (CQC), we received a Good rating across all of the 5 key areas. We are grateful to our PPG membership for their contribution to this process and if you'd like to know more about what is involved in this rigorous process, the CQC's full report is available on our website under 'Latest News'.

## Cancelling Appointments

Please, please let the surgery know if you no longer need your appointment or are unable to attend.

In **August 2016** a total of **221 patients** did not attend or cancel their appointment which is a loss of **43 consulting hours with GPs and Nurses**. If you no longer need your appointment, let it be reallocated to those patients that do.

The surgery offers a **Text Reminder Service**; if you would like to receive text reminders of your appointments, please advise reception of your mobile phone number.

## Leighton Buzzard Voluntary Patient Transport

There are a growing number of older and vulnerable people who may not meet the latest criteria for free NHS patient transport to attend their hospital appointments. Access to public transport is often difficult for this group of patients many of whom are on low incomes which prohibit the use of taxi's to Stoke Mandeville, MK or the L&D Hospital.

There is a newly established group of local people from all the Leighton Buzzard GP surgeries, working as volunteers to set up a scheme providing voluntary patient transport to meet this need.

To date, we have had 3 public meetings and are beginning to gather volunteer drivers and others to assist with admin support for requests for hospital transport. However, more volunteers are needed to get the project 'off the ground' so that we can apply to register as a Charity.

Volunteer drivers can claim a generous mileage allowance, parking costs and out of pocket expenses. Clients may offer a donation if they wish, but there is no obligation. If you or someone you know is interested in finding out more about helping to establish this much needed service in our town, please contact: [lbvpt@outlook.com](mailto:lbvpt@outlook.com) or call Pam Brown on (01582) 429860.

Please do help if you possibly can and help us to help those who are in need. Thank you for your interest.

**Leighton Buzzard Patient Participation Group Network (PPG Network)**



See separate leaflet and posters re. Christmas and New Year Opening Hours

**NHS 111 can be contacted on 111, 24 hours a day, 365 days a year**

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Telephone: (01525) 373111  
Appointments: (01525) 378387  
Fax: (01525) 853767

## Surgery Opening Hours

Monday, Tuesday, Thursday & Friday: 8.30am to 6.30pm  
Wednesdays: 7.00am to 8.00pm  
One Saturday per month: 9.15am to 11.30am