

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. For the first time this year, it is possible to book your flu jab appointment online please take advantage of this facility.*

New Registrars

Dr Ben Savu (m) continues with us until he completes his training in mid-November 2017 but we also welcome 2 new GP registrars to the Bassett Road team this autumn - Dr Dennis Phang (m) will be with us until February next year and Dr Aisha Mukhtar (f) until July of next year.



Other Clinician News

Since our last newsletter we are delighted to announce that Dr Laura Lewis has had a beautiful baby girl, and Dr Suzie Gill a dear little boy; both mums and babies are doing really well.

Laura will be returning to work in mid-October 2017 whilst Suzie is taking a longer break and will re-join the team in the middle of 2018. Dr Janet Berry, who has been covering some of the maternity leave sessions, has very kindly agreed to stay on with us, working Wednesdays and Thursdays, until Suzie returns from leave.

We have also bid a fond farewell to Heather, a member of our reception team who also worked as a phlebotomist. Since training to undertake phlebotomy in the practice, Heather felt she wanted to pursue a career in nursing and has left the practice to undertake her nurse training. She will be much missed at Bassett Road but we wish her well in her future studies and career.

Patient Survey 2017

The patient survey will be running from **20th November - 1st December 2017**. Hard copies will be available at the surgery for completion, or if the surgery has your email or mobile number a weblink will be sent so you can complete electronically.



It will only take a few minutes and is completely anonymous and confidential.

Your views really do matter - they help shape the service you receive - so please take a few minutes to give us your feedback.

Surgery's Patient Participation Group - Runners up in National Award

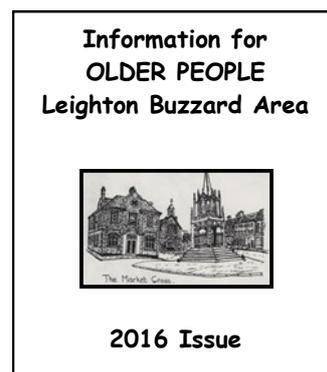
The Patient Participation Group (PPG) has been awarded for its achievements by the National Association of Patient Participation Groups. The Award recognises outstanding work by a PPG, working in partnership with their practice, contributing to the continuous improvement of services and quality of care and improving communication between practice and patients. The group was awarded £325 and the opportunity to share its experience with other PPGs at the National Conference. The money will go towards purchasing equipment for the surgery.

Examples of the BRS PPG achievements:

- established a weekly Walk 4 Health group with three levels of walk and extended it to all adult patients in the town;
- participated in BRS staff appointment panels, reflecting the importance of the patient's voice within the organisation;
- established a 'Meet and Greet' group to gather patient views in the waiting room, enabling the surgery to be aware of, and to make on the spot improvements;
- designed and managed the annual Patient Surveys, analysing data and formulating recommendations;
- Produced an 'Information for Older People in Leighton Buzzard Area 'Booklet'. The aim of this was to support older patients in the town to access information on Health Services, Specialised Support Groups, Transport, Helpful Organisations, Clubs and Societies and Things to Do and Places to Go.



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

The Surgery
29 Bassett Road
Leighton Buzzard, Beds, LU7 1AR
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