


Claremont Bank Surgery


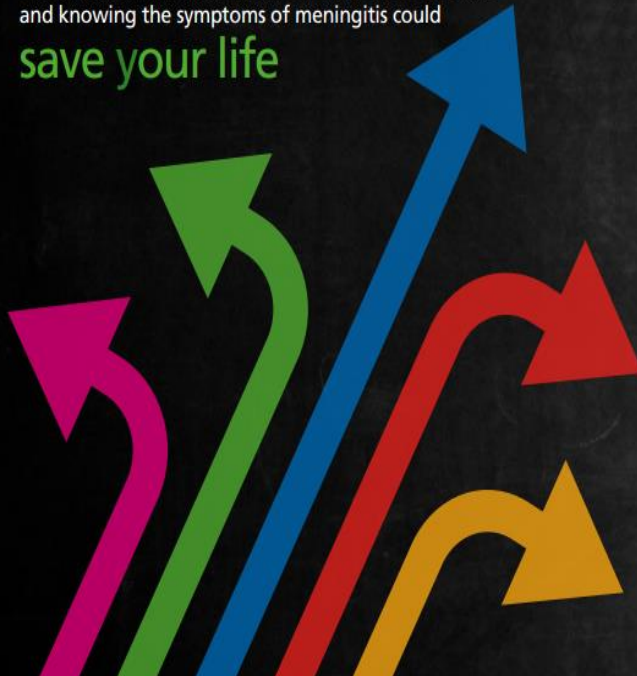
July 2017 Newsletter



Born between 1 September 1998 and 31 August 1999
Leaving school or college?

Whatever you do next, get your
MenACWY vaccine

Getting the MenACWY vaccine from your GP practice and knowing the symptoms of meningitis could
save your life





SIGNS AND SYMPTOMS

- Pale, blotchy skin with or without a rash
- Irritability and/or confusion
- Severe headache or muscle pains
- Dislike of bright lights
- Stiff neck
- Convulsions/seizures
- Fever, cold hands and feet
- Vomiting and diarrhoea
- Drowsiness, difficult to wake up
- Feeling really ill

Not everyone will develop these symptoms and they can appear in any order.

Your vaccine helps protect you from four types of meningitis and blood poisoning – Men A, C, W and Y. But there are other types so you need to know the signs and symptoms. Being aware could help keep you and your friends safe.

MenACWY DISEASE CAN KILL



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Travelling this year?

If you are going away it is best you do these things before you go:

- If you are going away on holiday, remember to sort out travel insurance before you go.
- Also renew your EHIC card if you are going somewhere in Europe, so if you do need medical attention while you are over there, you can receive the medical treatment at a reduced cost or free.
- Please contact the surgery at least 6 - 10 weeks before the expected date of departure with the Practice Nurse. However, it is a good idea to make an appointment for travel advice / vaccinations, even if it is last minute. Certain travel immunisations are not covered by the NHS and a charge may be levied. Full price details are available on this website or you can contact the surgery. Alternatively you may wish to consider a private health clinic.

Think Twice

Help to save your NHS £1.3million

NHS Shropshire CCG does not support the routine prescribing of medication that is available to buy over-the counter for adults or children.

The medication listed below is examples of medicines that should be purchased by the patient/parent/guardian:

- Moisturising creams** for dry skin with no diagnosis
- Painkillers** for minor aches and pains e.g. paracetamol, ibuprofen
- Indigestion remedies** for short-term use
- Multivitamins**
- Lozenges, mouthwash and throat sprays**

Shropshire CCG supports GPs to reduce their prescribing of these products because:

They are widely available from supermarkets, pharmacies and some dispensing practices

They are significantly more expensive when prescribed on the NHS

Patients have a responsibility to manage more self-limiting minor ailments at home

Claremont Bank July 2017 Walks

Tuesday 4th July and Tuesday 18th July

Meet at Claremont bank surgery at 10:30, have a 60 minute walk and finish back at the surgery.

