

# CLAREMONT BANK SURGERY NEWSLETTER

September  
2016



## UPDATE: SURGERY RATING



We were recently rated '**Among the Best**' in the recent GP Patient Survey. This survey is sent out twice a year to around 1.36 million adults who are registered with a GP in England.



89.7% -  
Among the  
best



*Please fill out our other questionnaire in the waiting room to let us know your views on the practice!*

## NEWS

**We are happy to welcome our new Foundation Year Two Doctor (FY2) Dr Richard Price.** He will be with us for four months to train within the practice. We would be grateful if you can aid his training by accepting an appointment with him; another GP is always on hand to assist should Dr Price require assistance.

## You can now book your FLU jab!

People in the 'at risk category' can develop potentially serious complications of flu. Studies have shown that the flu jab does work and will help prevent you getting the flu. If you do happen to get flu after vaccination it's likely to be milder and shorter-lived than it would otherwise have been.



The injected flu vaccine is offered free on the NHS annually to:

- Over 65's and patients under 65 who are at higher risk of complications due to diabetes, heart failure etc – please ask at reception.

Pregnant women are also eligible.

**Flu Jab clinic dates at the surgery:**

**\* 17<sup>th</sup> September \* 15<sup>th</sup> October \***

If you think you may be eligible or to book an appointment call us on 01743 248 244

## Are you interested in registering as a donor?

Visit the following websites to find out more:

For information on giving blood:

<https://www.blood.co.uk/>

For information on organ

donation: <https://www.organdonation.nhs.uk/>



**Help to stop  
smoking**



**Interested in quitting smoking?** We are currently offering a Help To Quit service in the surgery with H2Q advisor Nathan Thomas.

Appointments are available on Wednesday afternoon's.

30 minutes is allocated for the initial appointment and 15 mins thereafter. Contact us to find the next available appointment.

### **Stopping smoking can...**

- Improve your breathing \* Reduce stress \*
- Improve skin \* Give you more energy \*
- Protect loved ones from passive smoking \*

## Shingles Vaccine

**If you were born on or between the dates below you may be eligible for free shingles vaccination this year in the surgery:**

**1.9.1945 to 31.8.1946**

**and 1.9.1937 to 31.8.1938.**

Or call 01743 248 244 to check if you are eligible.

### **WHAT IS SHINGLES?**

Shingles is an infection of a nerve and the skin around it. It usually starts with tingling or burning in an area of skin and is followed by the eruption of a painful rash, usually on one side of the body or face that takes 2 - 4 weeks to resolve. People tend to get shingles more often as they get older, especially over the age of 70.

**For more information about Shingles you can visit [www.shinglesaware.co.uk](http://www.shinglesaware.co.uk)**

## GP Extended Hours



-About 3,500 people have used Shropdoc's GP Extended Opening extended hours service since it was launched in January 2016. We are one of a handful of practices that are able to offer this service to not only our own patients but to other patients from Shrewsbury practices who are struggling to get an appointment.

-This service offers extra routine bookable appointments across a network of 37 GP practices in the surrounding area.

-Figures collected from the monthly patient satisfaction survey has shown that 100 per cent of people who had used the extended hours service wanted it to be kept.