

Claremont Bank Surgery

September 2017 Newsletter

Flu Jab

We have our first Flu Clinic on Saturday 16th September; we offer these to people who are over 65, in the high risk category or women who are pregnant. If you are unsure about any of this then please contact the surgery on 01743 248244.

For some information about keeping safe in the winter please go to this website:

<https://www.shropshire.gov.uk/stay-safe-and-well-this-winter/>

Pneumovax vaccination

People who are 65 and over are entitled to have this vaccination. You usually only need the injection once, however due to some health problems you may need it more than once. For more information on this, please do not hesitate to contact the surgery on 01743 248244 to speak to a GP or

Patient Access

We offer an online service where you can book appointments, check test results and order repeat prescriptions online. All you need to do is come into the surgery and pick up a form with some photo ID. Once you have handed the form in, please come back to the surgery in 5-7 days to pick up a login and password.

Currently there are **1189** people using the online services and approximately 40 outstanding forms waiting to be picked up.

Failure to attend online appointments without cancelling them will lead to you losing the option of booking appointments online.

Claremont Bank July 2017 Walks

Tuesday 5th September and Tuesday 19th September

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



COMMUNITY AND CARE-COORDINATOR

Your Community and Care Co-ordinator **BECKY KELLY** provides the following support directly here at the surgery... she is available on a **Wednesday and Thursday each week**. Tel: 01743 248244

Afternoon Tea for Carers

Do you look after a family member, spouse or partner who is ill, frail or has a disability?

Would you like to meet others in a similar situation to be able to share experiences, give and receive advice and a bit of support, as well as indulging in tea and cake? Or maybe you would be interested in hearing speakers from relevant services eg Age UK, British Red Cross who attend sometimes?

If so, you may like to know your **Community and Care Co-ordinator** offers afternoon tea for carers on a quarterly basis here at the surgery.

If it is possible for you to take a break from caring to attend, we would love to see you. Please contact Becky Kelly at the surgery if you would like to find out more and make your interest known so she can keep you informed of dates and times - usually help **Wednesdays 2:30 - 3:30pm**.

Bereavement Support

Becky Kelly will be in touch with any patient who has suffered a loss to offer support, and see if any practical, social or emotional help is wanted. This could be on an individual basis or via an occasional support group.

If you would like to discuss any of the above, or need further information, please don't hesitate to ask at reception and Becky will give you a call, or can arrange an appointment at surgery.