

NEWSLINK

Riverside Patients Participation Group

August/September 2023

New Series 2

FLU CLINCS

It is that time of year again! Seasonal flu vaccination remains a critically important public health intervention. Flu vaccines are available free to those:

- those aged 65 years and over
- those aged 6 months to under 65 years in clinical risk groups
- pregnant women
- all children aged 2 or 3 years on 31 August 2023
- primary school aged children (from Reception to Year 6)
- those in long-stay residential care homes
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- close contacts of immunocompromised individuals

The following Flu clinics are planned on Saturdays from 8:30 to 14:00

- 30.09.2023 – Over 65's
- 07.10.2023 – Over 65's
- 21.10.2023 - Over 65's / At Risk
- 28.10.2023 - Over 65's / At Risk

If you are in one of these groups, you will get a notice to book a timed appointment on one of these days.

NB. This year the 50-64's are not receiving free vaccinations, unless in one of the 'at risk' groups. If you do not qualify for a free NHS vaccine please check with your pharmacist who may offer one.

Need a hearing test?



Free hearing tests are available at Specsavers. You do need a referral from the Surgery but you do **NOT** need an appointment with a doctor to get one. The Secretaries can generate a referral for you if you are over 50.

Signs you may need a hearing test:

- Following conversations is difficult
- Phone conversations are unclear
- People seem to be mumbling
- Difficulty locating sounds
- Signs of tinnitus
- TV is difficult to hear

Don't struggle just phone the Surgery and click on Option 4 for Secretaries/referrals.

Think you have ear wax? Speak to a pharmacist about earwax build-up. They can give advice and suggest treatments.

The Christmas Raffle Returns!!!!

After a break of a few years, the Patients Group is again using a seasonal raffle to raise funds for additional equipment at the Surgery. A range of general and seasonal prizes and local vouchers will be on offer.

Tickets may be purchased during the flu clinics and at other times leading up to the end of November.

Alzheimer's

Support for a person with dementia, their carer's, family, and friends is available from the Alzheimer's Society.

During an appointment a holistic assessment takes place and an agreed support plan developed. Strategies to cope and referral to services and how to access finances as appropriate.

Services are available from the point an individual becomes worried about their memory until end of life.

Intense Support for Carer's who are at struggling or crisis point included daily calls for as long as needed.

There are also a Virtual Peer Support and Information Groups and carer's can receive Companion Calls from the Society's volunteers.

Locally the Society runs The Dementia Café at Aria Court Care Home. This offers people living with dementia the chance to enjoy delicious home-baked treats in a friendly, accessible environment, while talking to others living through the same experience. This is a perfect opportunity for carers and loved ones to share experiences.

If you are affected by dementia, worried about a diagnosis or a carer, trained staff are ready to give you the support you need.

For more information on Dementia support call: **0333 150 3456**

Opening hours:

Mon, Tues & Weds:	9am – 8pm
Thurs & Fri:	9am – 5pm
Sat & Sun:	10am – 4pm

Staff training days coming up:

Wednesday 16 August - 21 September and 18 October 2023.

The Surgery will be closed on each of these afternoons.

WANT TO STOP SMOKING?

No one needs telling that smoking is bad for your health (not to mention bank balance) but giving up is another matter. If you've tried stopping or always thought it would be too hard then the Stop Smoking service is for you. People who get help to stop are three times more likely to stop for good.

Run on Friday mornings at the Surgery, this clinic is free to anyone who wants to stop smoking.

In our recent survey, one patient wrote 'I really appreciated the help of the stop smoking clinic and have now been able to stop smoking. The staff were so helpful and understanding.'

Just contact Reception and book in for one of the clinics.

All patients registered with the Riverside Practice are part of the Patients Group.

You are welcome to meetings on the last Monday of each month at 4:30.

**Upcoming dates are:
25 September / 30 October 2023.**

If you would like more information, please contact the Chair of the Patients Group, Jacqui Drewery on 01354 652413 / email jacquidrewery@outlook.co