

“IT’S FLU SEASON”

Don't forget flu is not just a heavy cold. It can make even fit people feel quite unwell. Some people who have flu go on to develop serious complications such as bronchitis and pneumonia.

It is nationally recognised that it is important for all those 65 years and over should be vaccinated against flu. This is an annual vaccination. Other important groups of patients who need to be vaccinated have the following medical conditions:

- Asthma
- Chronic Obstructive
- Emphysema
- Heart Disease
- Kidney Failure
- Chronic Liver Disease
- Diabetes
- A reduced or poor immune system (No Spleen/ HIV positive/ undergoing chemotherapy treatment for cancer)

This year for the first time the government are also suggesting all Carers are vaccinated.

If you are 65 year and over and have not been offered a vaccination against pneumonia please ask at reception. This is a vaccine given once in a lifetime.

Please book now for an appointment to be vaccinated by calling 01225 480007. If unsure please ask at reception.

EMAIL ADDRESS FOR REQUESTING REPEAT PRESCRIPTIONS

Reminder

The address for emailing prescription requests is

OFFICE.STAFF@gp-L81071.nhs.uk

Please remember to include your name, date of birth, address, where you want the prescription collected from and what you want.

Osteopathy At Fairfield Park Health Centre

Andrew Beacham has recently joined the practice to run an Osteopathic clinic on Monday and Thursday 1pm – 6pm and Friday 8am -1pm.

Appointments last 40 minutes and cost £35 (discounts available for pensioners, children and students).

If you would like an appointment, please book through reception on 01225 480007 or call Andrew directly on 07888 676 275. Alternatively feel free to pop in to see Andrew for a 15 minute assessment for no charge.

Treatable conditions include:

Back Pain, Sports Injuries, Work Strain, RSI, Headaches, Back Pain with Pregnancy, Hip and Knee Pain and Stiffness, Sciatica, Carpal Tunnel Syndrome, Neck Pain and Stiffness, Repetitive Strain, Shoulder Pain and Stiffness, Muscle Tension, Arthritic Pain, Lack of mobility, Joint Pains, Digestive Problems and much more.

Osteopaths believe that structural integrity plays a role in the optimum functions of the body, thus the aim of Osteopathic treatment is not only to treat the symptoms but also to address the underlying cause.

Andrew uses many forms of osteopathic techniques during treatment, including mobilisation, cranial soft tissue massage and joint manipulation. Advice can also be give on posture, diet, supplements and self help exercise regimes.

Andrew Beacham DO ND BSc (Hons) Osteopathic Medicine, BSc (Hons) Physiology/Psychology

SUPPORT TO STOP SMOKING

Don't forget our personal sessions to support patients who wish to give up smoking. Plan for a healthier year in 2006 and make an appointment to discuss our support programme with a practice nurse or health visitor .

Beginner Pilates

Dates for Autumn/Winter 2005

Every Monday at 10.30am

Monday 19th September

Monday 14th November

Monday 26th September

Monday 21st November

Monday 3rd October

Monday 28th November

Monday 10th October
Monday 17th October
Break for Half Term
Monday 7th November

Monday 5th December
Monday 12th December
Monday 19th December
Break for Xmas, return 9th Jan 2006

Welcome to

Becky Seager and Rachel Berry who have recently joined our Administration and Reception team. Becky comes with significant administration experience and an eye to detail, while Rachel has been working in the local Council Housing and Social Services department and very used to working with the general public.

Goodbye to

Louise Coate who has been with us for many years and will be sadly missed. We wish her well in her new catering career.

Sam Thompson who has move to a local practice. We wish her luck in her future career.