



# OXTED HEALTH CENTRE SUMMER NEWSLETTER

September 2016

Tel: 01883 734000

## **Flu Jabs – Get Prepared**

Flu season is on its way and although flu is an unpleasant illness for most people, for some it can cause serious complications such as bronchitis and pneumonia. In order to prevent this, the NHS is offering flu vaccines, free of charge, to those who are most vulnerable and at risk of developing the complications. You are eligible for a flu jab if you are:

- 65 years or over.
- A child aged 6 months to 2 years at risk of flu.
- Pregnant.
- Have certain medical conditions, e.g. chronic heart / kidney / liver / respiratory disease / chronic neurological conditions / weak immune system etc.
- A healthcare worker with direct patient contact or social care worker.
- Receive a carer's allowance or are the main carer of an elderly or a disabled person whose welfare may be at risk if you fall ill.

More information on this can be found on the NHS website at: [www.nhs.uk](http://www.nhs.uk).

## **Important News**

Oxted Health Centre will be closed for training on Wednesday 21st September 2016 from 1.00pm to 5.30pm. For medical advice during these times please call 08451 450121. If you have a medical emergency please call 999.

(Please note: if you have a midwifery appointment you will need to use the lower ground floor entrance on this date).

## **Defibrillators**

Following a talk, hosted in January last year by John Kempton of the Oxted Community Responders, a public access defibrillator is now in place outside Oxted railway station, courtesy of the late Charles Tomas, who was a Director of the Oxted and Limpsfield Barn Theatre for many years.

A defibrillator is a device that gives a high energy electric shock to the heart through the chest wall to someone who is in cardiac arrest. There are a few simple steps that anyone witnessing, or finding someone who is having a cardiac arrest can take to help save their life: e.g. call 999; perform CPR; use a PAD (Public Access Defibrillator) if one is available. (Please note: a public access defibrillator can only be accessed after calling 999).

For use in an emergency, other defibrillators are situated at: Oxted Health Centre, Hanways, Barn Theatre, Tandridge Leisure Centre and Limpsfield Lawn Tennis Club. However, these are not available during all hours of the day.

## **Next Talk – Organs That Save Lives: The Stomach**

We are very pleased to announce that our next talk will be hosted by Dr B Maybrey, who will be talking about the topic of organs that save lives and in particular the stomach. The talk will take place on Tuesday 11th October 2016 at the United Reformed Church, Bluehouse Lane, Oxted, from 8:00pm to 9:30pm. Tea and coffee will be served, free of charge, at the break. Our talks are open to all patients registered at the Oxted Health Centre. This talk will be sponsored by North Downs Hospital, 46 Tupwood Lane, Surrey, CR3 6DP.

### **Announcements**

A new wheelchair has recently been presented to Oxted Health Centre by Jeremy Kean, Chairman of LINK. The wheelchair is for use by local residents at Oxted Health Centre. LINK is a self-funded charity which provides transport for RH8 residents to Oxted Health Centre and local hospitals.



### **Notice to Patients**

Following the retirement of Dr Peter Morley, the care of his patients has been allocated to other GPs in the practice. Oxted Health Centre is unable to notify individuals of their new 'usual' GP other than by email, or in person upon request. Patients are still able to request a consultation with any GP at the practice, regardless of their 'usual' GP.

### **Going to University? Book your MenC Vaccination Today!**

It is important to keep up to date with your MenC vaccinations and especially before going to university as you are more at risk of getting meningitis, since you could be mixing with people who might unknowingly be carrying the meningococcal bacteria. For more information on the MenC vaccine, visit the NHS choices website at: [www.nhs.uk/conditions/Meningitis/pages/Introduction.aspx](http://www.nhs.uk/conditions/Meningitis/pages/Introduction.aspx)

### **Travel Advice / Vaccinations Service**

Oxted Health Centre is no longer offering a travel vaccination service. This is due to the increase in chronic diseases being managed in primary care by the nursing staff. The increase in demand is impacting on the number of available nursing appointments. Although the practice will continue to offer Typhoid, Hepatitis A, Tetanus and Polio vaccinations, any other vaccinations or health advice related to travel will not be offered. There are several local private travel and yellow fever centres locally, which include: JABS, Vitaltone and MASTA.

### **NHS e-Referral Service**

For some services, the NHS is required by law to offer you a choice, known as 'legal right to choice'. You currently have a legal right to:

- Choose which hospital or clinic to go to for your outpatient appointments.
- Choose which consultant-led team will be in charge of your treatment, as long as that team provides the treatment you require.
- Choose which mental health provider and team you're referred to by your GP for your outpatient appointments.

### **More Information**

You are very welcome to voice any comments, good or bad, about Oxted Health Centre to the PPG secretary, by leaving a letter at reception addressed to the PPG Secretary, Oxted PPG or by email at: [oxtedppgsecretary@gmail.com](mailto:oxtedppgsecretary@gmail.com)

This newsletter has been produced by the Patient Participation Group. To receive future editions and other information by email please send an email to [oxtedppgsecretary@gmail.com](mailto:oxtedppgsecretary@gmail.com) giving your name and email address.