

Your Doctors

HOLSWORTHY
t: 01409 253692

Dr. R. Wardle

Dr. R. Shaw

Dr. Andy Brown

Dr. Stone

Dr. Alexandra Brown

Dr. C. Hall

Dr. Sean Whitaker

Dr. Holly Puckett

Dr. David Lee

Dr. Theresa Pestridge

Dr Mark Eggleton

STRATTON
t: 01288 352133

Dr. Green-Armytage

Dr. A. Moss

Dr. R. Waterhouse

Dr. S. Partridge

Dr. D. Kandola

Dr. M Higgs

Management Partner

Jane Wells

OPENING TIMES

8.30 to 6pm Monday to Friday.

ADVANCED NOTICE of
CLOSURE

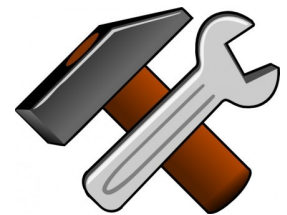
OUT OF HOURS

For urgent advice and treatment:
call NHS 111 on 111 Call 999 in an
emergency. Chest pains and / or short-
ness of breath constitute an emergen-
cy.

STRATTON MEDICAL CENTRE RE-DECORATION OCT & NOV 2018

Stratton Medical Centre is having a complete face lift. The work started week commencing 8th October and it's due to take up to 6 weeks.

All patient services will remain the same and continue to be based out of Stratton Medical Centre. We aim to keep the disruptions down to a minimum, but please be aware parking may be limited at times. So please bear with us!



We hope you are all as excited as us to see the end product!

FLU, SHINGLES & PNEUMO VACCINATIONS

Flu Stratton's Flu Clinic is on Saturday 13th October, all eligible patient's please call the surgery on 01288 352133 to make an appointment if you have not done so already. **Please note:** there is currently a national shortage of the flu vaccine for over 65s. We have enough to cover our booked clinics at the moment but please bear in mind this may change.

Shingles If you are aged 70 or 78 years old you eligible for the shingles vaccine. It is safe to have the shingles vaccine at the same time as your flu jab.



Pneumococcal (pneumo) Adults aged 65 or over are eligible for the pneumo vaccine along with babies and children & adults with certain long-term health conditions. People over 65 only need a single pneumococcal vaccination, which will protect for life. It's not given annually like the flu jab. It is safe to have the pneumo vaccine at the same time as your flu jab. **Please note:** there is a national shortage of the pneumo vaccine so you may have to wait until we are able to get them in stock.

To make an appointment for any vaccination please call the surgery.

HELP US HELP YOU



At Stratton Medical Centre in September last month, a total of 283 patients did not attend their booked appointment. That is around 54 hours of wasted clinician time when they could be seeing other patients. If you cannot attend your appointment, PLEASE contact your surgery to cancel it. It means we can then offer your appointment to a patient that needs. Thank you!



Stoptober is the 28-day stop smoking campaign from Public Health England.

It offers a range of free support to help people on their quitting journey including an app, daily emails, Facebook Messenger and lots of encouragement from the Stoptober online community on Facebook.

In addition, people can get expert face-to-face advice from local stop smoking services. Those who use stop smoking aids and who get face-to-face support from their local stop smoking service are up to **four times** more likely to quit successfully.

Search Stoptober to get your free personal quit plan and get the app to track your progress, see how much you're saving and get daily support wherever you are.



FACTS ON *FLU*...

Flu is much worse than a heavy cold

A bad bout of flu is much worse than a heavy cold. Flu symptoms come on suddenly and sometimes severely. They include fever, chills, headaches and aching muscles, as well as a cough and sore throat and you're likely to spend 2 or 3 days in bed.

The flu vaccine can't give you flu

The injected flu vaccine given to adults contains inactivated flu viruses, so it can't give you flu. Your arm may feel a bit sore where you were injected, and some people get a slight temperature and aching muscles for a couple of days afterwards.

You need to have the flu vaccine every year *The viruses that cause flu can change every year, so you need a vaccination that matches the new viruses each year. The vaccine usually provides protection for the duration of that year's flu season.*

October is
**Breast Cancer
Awareness
Month**



Join us in Facebook



**Follow us on Twitter
@HolsworthyMC1**