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Sign-up to Newsletter

Visit
<http://ow.ly/TpQn30bqk9f>

or ask at Reception for this Newsletter to be emailed to you.

Contact Us

Tel: 01769 573101

Fax: 01769 574371

Web:
<http://www.southmoltonmedicalcentre.co.uk>

Email:
d-ccg.southmoltonmedicalcentre@nhs.net

Opening Times:
8.30am – 6pm Monday to Friday

6.30pm – 8pm Monday and Tuesday evenings

We are closed Saturdays, Sundays and Bank Holidays

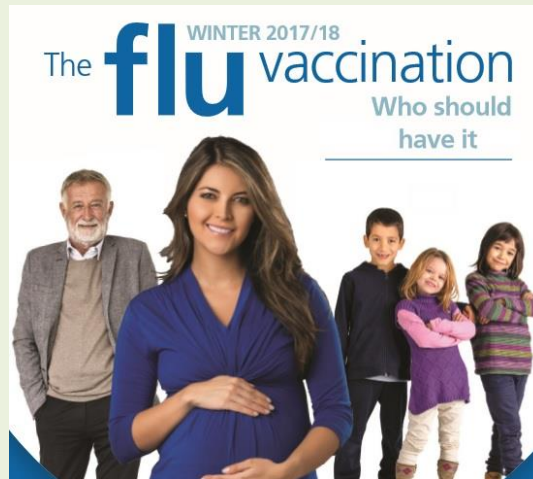
P3 Group - Patient Practice Partnership

We are always interested in recruiting new members. If you would like to join this group please contact the surgery and ask for more details on **01769 573101**, or ask at reception for further details.

Seasonal Flu Vaccine

The best way to avoid catching and spreading the flu virus is by having the vaccination before the flu season starts.

Some people are more susceptible to the effects of flu. For them, it can increase the risk of developing more serious illnesses such as bronchitis and pneumonia, or can make existing conditions worse.



You should have the free flu vaccine if you are:

- Aged 65 or over
- All healthy children aged 2 and 3 but not yet reached the age of 4 on 31/08/2017
- Everyone living in a residential or nursing home
- Everyone who is the main carer for an older or disabled person
- Household contacts of anyone who is immunocompromised
- Pregnant, at any stage of pregnancy
- Those aged 6 months to under 65 in the following 'at risk' groups:
 - Chronic respiratory disease
 - Chronic heart disease
 - Chronic kidney disease
 - Chronic liver disease
 - Chronic neurological disease
 - Diabetes
 - Immunosuppressed
 - Splenic dysfunction
 - Morbid obesity

Useful Contacts:

- Day Lewis Chemist
01769 572528
- Boots Chemist
01769 572576
- NEW Devon CCG, Crown
Yealm House, Pathfields
Business Park, South
Molton, EX36 3LH
Tel: 01769 575100
- Age Concern Pop-in
Centre, Broad Street,
South Molton
Open Mon – Sat (except
Wed) 9.30am – 12.30am
for advice, tea and coffee
- South Molton Volunteer
Bureau – provides car
service at a small charge
for those without
transport Tel: 01769
573167
- NDDC Office + South
Molton Town Council –
open 9.00am – 5.00pm,
Mon – Fri for all general
Council queries plus
specialist advice.
Tel: 01769 572501
- Patient Advice & Liaison
Service (PALS), Level 2,
NDDH. Tel:
01271 314090 Email:
ndht.PALS@nhs.net
- Patient Transport 01271
314332
- South Molton Community
Hospital 01769 572164
- North Devon District
Hospital 01271
322577
- Devon Primary Care Trust
01392 205205
- Care Direct 0845
155 1007
www.devon.gov.uk/caredi
rect
- Mr P Donner Optician
01769 572064
- Byrnes & Byrnes
Opticians 01769
579670

FLU JAB CLINICS SATURDAY 7TH & 14TH OCTOBER

The flu vaccine is offered free of charge on the NHS to people who are at risk. This is to ensure they are protected against catching flu and developing serious complications.

If you are in one of the above categories, call us from **Monday 4th September** to arrange a flu jab at one of our Saturday clinics. Or book online if you are registered for online services.

Further evening appointments will follow at a later date.

South Molton Medical Centre will be using the Quadrivalent Vaccine. These vaccines protect against *four strains* of influenza viruses.

If you are aged 70-73 or 78-80, you will be eligible for the shingles vaccination. If you would like this vaccination, please contact the surgery to book your appointment.

Public Health England

NHS

Shingles vaccination

Who's eligible?

Aged 70 years?
Plus anyone in their 70s who was born after 1 September 1942 and has not yet had the vaccine.

Aged 78 years?
Plus anyone aged 79 years old who has missed out on the vaccine.

Protect yourself from the pain of shingles - speak to your GP surgery about having your vaccine today!

Immunisation
The safest way to protect children and adults