

Clifton House Medical Centre Newsletter Summer 2017



We are really pleased to welcome our two new receptionists, Sarah and Danielle. We also have a new phlebotomist, Kerrie, who will be working Mondays, Tuesdays, Thursdays and Fridays. Please use the usual procedures for making an appointment.

Tina our previous phlebotomist has now retired and although we were very sad to see her go we wish her a wonderful retirement.

If you would like to feedback regarding any of our lovely team please do so using comments cards from Reception.

Going abroad this summer?

Remember to have your travel vaccinations!

If you're planning to travel outside the UK, you may need to be vaccinated against some of the serious diseases found in other parts of the world. Vaccinations are available to protect you against infections such as yellow fever, typhoid and hepatitis A.

In the UK, the childhood vaccination programme protects you against a number of diseases, but doesn't cover most of the infectious diseases found overseas.

Where do I get my jabs?

You should get advice at least eight weeks before you're due to travel, as some jabs need to be given well in advance.

First, phone or visit your GP or practice nurse to find out whether your existing UK jabs are up-to-date (they can tell from your notes). Your GP or practice nurse may also be able to give you general advice about travel vaccinations and travel health, such as protecting yourself from malaria.

Your GP or practice nurse can give you a booster of your UK jabs if you need one. They may be able to give you the travel jabs you need, either free on the NHS or for a charge.

Source: NHS Choices (2016)



Flu Season is nearly here...

Book your jab today, don't be beaten by the bully!

Like a bully, flu often picks on the on people who are at particular risk or less able to fight infection.

This may be because of their age, being pregnant or having a long-term medical condition.

You can catch Flu all year round however, it is more common in the winter months. So that you receive the best protection it is advised that you have the Flu Jab between September and November. Speak to your GP or Nurse today if you have any questions and book yours for after 12th September.

(Source: <http://www.nhs.uk/Conditions/Flu/Pages/Symptoms.aspx>)



Knit and Natter!

Starting 6th September 1pm—3:30pm

Here at Clifton House!

If you like knitting, want to learn or just fancy joining a new group...look out for more information on social media and posters in the Practice.



Nicky Park our receptionist took part in 'It's a knock-out!' to raise money for Dove House Hospice.

Not only did her team come second but she personally raised a brilliant £100, £74 of which was raised here at Clifton House.

Thank you so much to everyone who contributed to this important cause and especially well done to Nicky and teams competing, who in total raised a whopping £20,000.

Get active during Summer Holidays!

All children aged five or over should be physically active for at least **one hour a day**.

Physical activity helps children: grow strong muscles and bones, maintain a healthy weight, discover the world around them, build their confidence.
You can help by encouraging your child to find activities they enjoy and building physical activity into family life.

10 ways to make exercise fun!

1. Walk, scooter or cycle to and from school together as often as possible. Read about the health benefits of cycling.
2. Build a den or treehouse with them in the school holidays. Or, under supervision, encourage them to climb a tree or two.
3. Go roller skating, rollerblading or skateboarding, indoors or outside. In winter, go ice skating.
4. Do an activity challenge together, such as training for a fun run or charity walk. See the parkrun website for free weekly 5K runs near you.
5. Take the dog for a walk. If you don't have one of your own, ask if you can borrow a friend or neighbour's dog.
6. Support your kids in sports, clubs or any other activities that may interest them. Joining a weekend club sport encourages them to make a commitment to a team and regular exercise. Find sports and fitness activities in your area.
7. Find time every weekend to do something active with your children. Play frisbee or football in the park, go trampolining, or try indoor rock climbing.
8. Fly a kite. The Kite Society of Great Britain has local groups that meet for special flying days where experienced members offer advice and help. Some also run kite-making workshops.
9. Take a trip to the beach. Beaches offer loads of ways for kids to get active, including games, rock-pooling, swimming, and plenty of running around. Or try an activity-based holiday.
10. The National Parks website has lists of events like guided walks and children's fun days to give you ideas for active days out.

You'll find more advice on getting active as a family on the [Change4Life website](#).



WINNING WAYS TO WELLBEING



Your time,
your words,
your presence



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR HOOD



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

Alzheimer's
Society | Leading the
fight against
dementia

Dementia helpline?

Call the Alzheimer's Society national helpline on **0300 222 1122** to speak to a trained adviser.

Did you know that you can now book appointments and order repeat medication using the internet?

No more problems trying to get through to the surgery.

Repeat medication can be ordered and appointments made 24 hours a day, 7 days a week when it is convenient for you to do so.

Go to: www.cliftonhousemedicalcentre.co.uk



Employee's of the Month!

Charlie (Health Care Assistant)

Charlie has gone above & beyond helping the Practice to achieve its goals!

Laura S (Receptionist)

Laura has really helped with training and providing support for our two new ladies in Reception!

Karen (Practice Nurse)

Karen sets an outstanding example as an employee and as a colleague. She is reliable, supportive and hardworking and an asset to the Practice.

Tell us who you think deserves recognising for their hard work or good Patient Care!

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