** The Lambert Medical Centre**

**Autumn 2019 Newsletter**

**Staffing News**

Dr Carol Adams is currently on maternity leave having recently given birth to a baby boy.☺

### ****Flu****

Its flu season!

Who is eligible to have the flu vaccine?  Patients who:

* are 65 years old or over
* are pregnant
* have certain medical conditions
* are living in a long-stay residential care home or another long-stay care facility
* receive a carer's allowance, or you're the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill

Frontline health and social care workers are also eligible to receive the flu vaccine. It's your employer's responsibility to arrange and pay for this vaccine.

**Why have your vaccinations at YOUR GP Surgery?**

* We offer a setting where we can check your medical records and make sure you get the most suitable vaccine
* We can offer protection for those who may be forgetful by reducing the risk of duplication in vaccines being administered
* We offer a fast, efficient and friendly flu clinic service with your local surgery team
* We can ensure continuity of care for our patients and carers (we know you already)

We order flu vaccination for all eligible patients registered with us. We have to do this and assure NHS England we have enough vaccines for everyone. We have to buy the vaccines for you and we can only return limited numbers that go unused, and the rest have to be paid for by the surgery.

**Please book your appointment to receive your vaccination at Lambert Medical Centre, we have bought your vaccine and want to protect you!**

**How to stay well this winter**

**Be aware of norovirus**

‘Norovirus outbreaks are more common this time of year, there is no specific treatment for norovirus, but you can take steps to ease your symptoms. If you've got sickness and diarrhoea, stay hydrated.

‘Don't see your GP unless symptoms persist more than a few days, the best ways to avoid catching norovirus is wash your hands thoroughly after using the toilet. Last but not least, norovirus can leave you contagious 48 hours after the symptoms go, so please avoid hospitals and care homes.’

**Get your flu vaccination**

‘The best way to stay protected against the flu is to get the vaccination, the jab is free for pregnant women, over 65’s and those with underlying health conditions. If you have a child ages 2 – 3 they are entitled to a free flu nasal spray to keep them protected.

‘If you are experiencing flu like symptoms, please seek advice from your pharmacist before it gets more serious. If you want to book a vaccination please contact your GP practice.’

**Use the right service**

‘If it is not an emergency, you can get medical advice 24/7 by using the NHS 111 service, they have trained medical professionals available who can direct you to the most appropriate medical care.

‘If you want to speak to someone face to face you don’t always have to wait for an appointment with your doctor. Your local pharmacy can provide clinical advice for minor health conditions common over the winter period such as coughs, colds, sore throats, tummy trouble and aches and pains.’

**Keep a stock of useful medicines**

‘It is important to keep a stock of over the counter medicines in your home over the Christmas period as your local surgery or pharmacy may not be open.

‘These remedies could include basic painkillers like aspirin, ibuprofen and paracetamol, cough syrup and antacids that are all available at your local supermarket.’

**Look out for yourself and others**

‘The colder weather and shorter days can affect your mental health, get out in the sunshine if you can, even short bursts can improve your mental wellbeing.

‘Older neighbours and relatives are more vulnerable in the winter months and may need a bit of extra help to stay well, make sure you keep in touch and check in on them when you can.’

There is further advice on self-care on Hambleton Richmondshire and Whitby CCG website.

**Primary Care Networks**

A primary care network consists of groups of general practices working together with a range of local providers across primary care, community services, social care and the voluntary sector, to offer more personalised, coordinated health and social care to the local population.

We will be working alongside paramedics, clinical pharmacists, social prescribers and physician’s assistants to deliver a holistic approach to healthcare, with a strong focus on prevention and personalised care.

Lambert Medical Centre is part of a network – Hambleton South, along with Thirsk Health Centre, Topcliffe Surgery and Glebe Surgery in Bedale.

We will make sure that we are making the best use of collective re-sources across practices and other local health and care providers to allow greater resilience, more sustainable workload and access to a larger range of professional groups.

We will use data and technology to assess population health needs and health inequalities; to inform, design and deliver practice and populations scale care models; support clinical decision making, and monitor performance and variation to inform continuous service improvement.

**Brexit Arrangements**

The Department of Health and Social Care (DHSC) has released the following statement regarding the supply of medicines in the event of an EU exit:

Over 2.5 million prescription items are dispensed in England every day in primary care alone. Occasionally the NHS experiences temporary shortages of medicines and has tried-and-tested ways of making sure patients get the medicines they need, even under difficult circumstances.

DHSC has been working closely with the NHS, trade associations, pharmaceutical companies, suppliers of medical devices, and many others to help ensure medicines and medical products continue to be available after the UK leaves the EU.

The government has put in place a multi-layered approach which includes:

• improving trader readiness for new border arrangements

• building up buffer stocks

• procuring extra warehouse space for stockpiled medicines

• securing freight capacity for all medicines, not just those included in the stockpiling. This will be done in two ways:

- Freight capacity contracts that will help ensure vital medicines continue to enter the UK after Brexit are in place. The firms will operate on routes which have been assessed as less likely to face any potential disruption, if the UK leaves the EU without a deal. Three companies have been awarded contracts for Express Freight Service to deliver medicines and medical products within 24 to 48 hours. This service will help ensure supply of vital medicines and medical products, including radioisotopes.

- This will mean the NHS will have access to next day delivery on small consignments, including temperature controlled or hazardous products, 48-hour delivery for larger loads, and access to specialist services, including hand delivered courier services if needed.

DHSC has been working with suppliers so that they have alternative transport routes in place if disruption occurs:

• So that companies can continue to sell their products in the UK even if we leave without a deal, the Government has made changes to, or clarifications of, certain regulatory requirements. Statutory instruments, covering the regulation of human medicines, medical devices and clinical trials were considered and approved by Parliament.

**The Lambert Medical Centre**

We are now active on social media. Follow us on Twitter and Facebook where we post details about local and national health campaigns.

[](http://twitter.com/) @lambertmedical1 [](http://www.facebook.com/) @lambertmedicalcentre

**Don’t forget we have a Patient Participation Group:**

PPGs are groups of active volunteer patients that work in partnership with practice staff and GPs – this unique partnership between patients and their practices is essential to achieving high quality and responsive care.

The group can help the practice by enabling us to be more proactive in providing the services that truly reflect what patients want and need.

We tend to communicate via email and meet up face to face just a couple of times a year so the commitment isn’t too onerous. We aim to have an inclusive and representative membership so…..

**Please see our website for details on how to join**

[**www.lambertmedicalcentre.co.uk**](http://www.lambertmedicalcentre.co.uk)

**Please note the surgery will be closed from 12.30pm on Wednesday 27th November and will reopen on Thursday 28th at 8am.**