



Howden Medical Group Newsletter



Edition: Introduction

Date: October 2018

Focus:

PPG

**Flu
Vaccinations**

Feature:

**Meet The
Vaccination
Team**

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Contact Us:
Howenq.co.uk

Welcome

We would like to welcome you to our introductory Newsletter. Our Newsletter will be published seasonally with the first edition to be published in November 2018. All editions are published in joint consultation with our Patient Participation Group (PPG).

Each edition will contain one or two feature articles alongside other newsworthy information which we hope you will find of interest. This edition introduces our PPG and provides an overview of the Practice Seasonal Vaccination Programme 2018/19.

We hope that you will find our Newsletter to be a helpful and meaningful channel of communication helping you to keep your finger on the pulse of the Practice. We would be pleased to hear from you with any comments or suggestions for future editions.

Patient Participation Group (PPG)

The PPG has been set up with the intent of being a Group who will work together to continuously develop and deliver improved healthcare services for our Patient population. This is in line with a key ambition of the NHS SCOTLAND Quality Strategy in that there should be:

“Mutually beneficial partnerships between Patients, their families and those delivering healthcare services which respect individual needs and values and which demonstrate compassion, continuity, clear communication and shared decision-making”.

Meetings are held bi-monthly with the first meeting held on 14 June 2017. Membership consists of a Core Group and a Virtual Group. Current membership is 15 consisting of 9 Patient's, 5 Practice Team member and a representative from The Scottish Health Council. We have been fortunate that we have members from each of our catchment areas as well as The Scottish Health Council who promote improvements in the quality and extent of [public involvement](#) by the NHS in Scotland.

The Group wants to see a patient– centred approach to care and has been busy action planning and indeed this Newsletter is a direct result of this collaboration. The PPG will have a dedicated section within each edition to keep you up to date with what is happening. Should you wish to join our Group or like further information please refer to the Practice website or ask in the Practice. The PPG will next meet on 6 Nov 2018.

Practice Closure - Team Learning and Development

Every Tuesday from 1.00pm to 2.00pm

Wednesday – 7 November 2018 from 1.00pm to 6.00pm

Seasonal Vaccination Programme 2018/19

It is that time of year again when we ask you to visit the Practice to receive your winter vaccination. Flu can be unpleasant, however if you are otherwise healthy it will usually clear up on its own within a week. Flu can, be more severe in certain people who have an underlying health condition or a weakened immune system and who are more likely to develop potentially serious complications of flu .

Flu vaccination is available every year for eligible patients on the NHS to help protect against the risk of flu and its complications.

You can also get the free pneumococcal vaccine which helps protect you against pneumonia and meningitis unlike the flu vaccine, most people only ever need one dose of this vaccine. When you attend for your flu vaccine, please ask about this.

Our Nursing Team are running daily clinics until early November. The clinics will run from 8.30am until 5.00pm Monday to Friday and from 5.00pm until 7.00pm on Tuesday evenings.

If you meet the eligibility criteria below, and you wish to take up this offer of vaccination, please contact the Practice on 01506 423800. For patients who are housebound and are too poorly to attend the Practice a Home Visit can be arranged to provide you with the vaccination.

Flu vaccine is the best protection we have against an unpredictable virus and therefore we hope that you will take this opportunity to help protect your health before winter arrives and that we will see you in the Practice soon.

Should you wish to be vaccinated against the flu and are outwith the eligibility criteria, your local Pharmacy will be able to offer a private vaccination.

Flu Vaccine Eligibility Criteria

- Children (at risk) aged 6 month to under 2 years
- Children (at risk) aged 2 to under 5 years
- Children aged 5 to under 12 years
- Patients (at risk) aged 12 years to under 65
- Patients aged 65 years and over

At risk groups are respiratory (asthma, COPD), chronic disease - heart, kidney, liver, diabetes, neurological, immunosuppressed (i.e. due to medication, steroids, chemotherapy), no spleen, morbid obesity, pregnant women, unpaid carers, health and social care staff.

Watch This Space - Coming Soon:

Meet our Consultation Team
Annual Reviews
Text Messaging
New Self Check in Screen
How to order your prescriptions
Home Visits

Post Graduate Training in General Practice

The Practice is approved as a Training Practice. Dr Gall (Male) and Dr Tweedy (Female) joined our team in August.

Feature—Meet the Vaccination Team



Trainee ANP
Fiona
McLaughlin

PN
Louise
Anderson

HCA
Carolyne
Kilday

ANP
Susan
Lavery

Trainee ANP
Joyce
Robertson