



CAEN MEDICAL CENTRE NEWLETTR Autumn 2017

Our aim is to help you use the services at Caen efficiently and to inform our patients of any changes taking place. We hope you find this newsletter helpful. Any feedback about the services we offer would be gratefully accepted, as would any suggestions for future newsletters. Please give your written comments to the receptionists or send us an e-mail.

CONTACT DETAILS

Address: Caen Medical Centre, Braunton,
North Devon, EX33 1LR
Telephone: 01271 818030
Fax: 01271 814768
E-mail: d-ccg.caen@nhs.net
Website: www.caenmedicalcentre.nhs.uk

YOUR REGISTERED GP

If you are unsure who your registered GP is and wish to know, please ask at reception

SEASONAL INFLUENZA VACCINATIONS

An annual **seasonal** influenza vaccination is recommended by the Department of Health and is available free of charge from your GP surgery for all patients aged 65 years or over and for anyone aged 6 months and over suffering from chronic (long-term) respiratory disease (including active asthma), chronic heart disease, chronic kidney disease, chronic liver disease, chronic neurological disease (including stroke/TIA), diabetes, splenic dysfunction, all pregnant women and anyone with a weakened immune system due to disease or treatment and for people who are classed as the main carer for anyone elderly or disabled.

All children aged two and three years old on 31 August 2017 are also being offered an annual flu vaccination at their GP Surgery. Older children up to eight years old will be vaccinated via school campaigns, this is part of a programme to extend flu immunisation to children.

The flu vaccine provides protection against the strains that are predicted to circulate each year. These strains may be different from last year which is why we recommend vaccination every year.

If you fall into one of the above groups or think you might be eligible please ask at reception and book an appointment in one of our clinics to have your vaccination

PRACTICE NEWS

We are delighted to be welcoming Dr Lucy Rosenbaum to the team from Thursday 5th October. She will be joining us on a permanent basis for 2 days each week on Thursdays and Fridays.

Dr Richard Francis will be reducing down to two days per week from 1st January 2018 and will be working Monday and Tuesday each week.

Dr Lucy Rosenbaum will be working alongside Dr Richard Francis and both will be looking after all the patients currently registered with Dr Richard Francis

Parkinson's UK – here to help

Parkinson's is a progressive neurological condition. This means that it causes problems in the brain and gets worse over time.

There's currently no cure for Parkinson's, but there are lots of different treatments, therapies and support available to help you manage the condition.

Parkinson's UK is active in the local area and can connect you with local advisers a telephone helpline, local self-management groups and Parkinson's nurses.

Call them on 0808 800 0303 or visit www.parkinsons.org.uk to find out more.

IF YOU CAN'T KEEP IT, CANCEL IT!

If you are unable to attend an appointment, please remember to cancel it as this will enable other patients to be seen.

Even if you can only give us very short notice please still let us know



Whilst smoking rates in England are at their lowest levels since records began, with a smoke free generation now truly within our sights, there are still millions of people up and down the country that smoke. So now, with lots of ways to quit available, Stoptober is back to encourage smokers across England to make a quit attempt for the month of October. Stoptober is a 28-day stop smoking campaign from Public Health England which encourages and supports smokers across the country to quit smoking for the month of October. It is the biggest mass quit attempt in the country and is based on research that shows that if you can stop smoking for 28-days, you are five times more likely to quit for good.

Reasons to Stop Smoking

- **FEEL HEALTHIER** - No matter how long you've smoked for, quitting can help improve your health straightaway.
- **CASH IN** - You'll have much more cash in your pocket. If you smoke a packet a day, you could save around £250 each month!
- **PROTECT YOUR FAMILY** - Quitting helps protect your loved ones from harmful secondhand smoke – reducing their risk of developing asthma, meningitis and some cancers.

JUST SEARCH 'STOPTOBER' TO FIND OUT MORE

Test Results

If you have recently had some tests, then you can phone reception for your results. Please phone after 11am, when reception will have more time to deal with your enquiry. Please allow enough time for the results to come back.

Results will only be given to the specific person to whom the test applies, or to a parent if the patient is a child. The receptionists are not trained to interpret results, but can pass on any comments made by the doctor.