



The 2018-19 campaign advises vaccination for :



- All children aged two to seven – children of school age will be vaccinated at school.
- Those patients aged 6 months to 65 years with the following conditions;
 - Diabetes
 - Chronic heart disease
 - Chronic kidney disease
 - Chronic lung disease
 - Chronic liver disease
 - Chronic neurological disease
 - Suppressed immune system
 - Pregnant women
 - Those aged 65 years and over
 - Those in long stay residential care homes
 - Carers

We will give more than 2000 flu vaccinations this year – please **do not wait to be invited**. If you are in an at risk group **contact us soon to make an appointment in one of our dedicated flu clinics. We will be running further clinics after 19th October – please call after this time**

Prepare for Self-Care in winter

Dress for Winter - wrap up warm when it is cold, add more layers of clothing and wear correct footwear in bad weather to prevent slips and falls.

Stay healthy by eating well – eating regular meals will help keep your energy levels up during winter.

Stay active – exercise is good for your overall health – and it can keep you warm in winter.

Live a healthy lifestyle – it's good advice all year round – but it can make even more of a difference to keeping well in winter.

Get a flu jab if you are in a vulnerable group – flu can lead to serious illnesses such as pneumonia and bronchitis – so protect yourself by having the jab.

If you get flu you won't feel like going out – so be prepared

- Establish 'flu friends' – friends and relatives who can help if you are unwell
- Keep paracetamol or ibuprofen based pain and fever treatments or cold remedies in the house. Options for children over 6 years are also available.
- Have a digital thermometer available to check your temperature

Your GP surgery is here for when self-care is not working. If you are worried that you or someone you are caring for is acutely unwell or is not recovering as they should contact us for advice on



01480 462206.



The surgeries new lines are now installed. We now have 8 incoming lines.

From 1st January the Surgery will be closing phone lines from 1 until 2pm. We request that patients call back after this time for routine enquires and appointments. However the lines will be open to deal with urgent problems – please follow advice on the message.

Extended Access via the West Cambridgeshire Federation

Cromwell Place Surgery Building will be open for Extended Access. Patients will now be able to book for routine appointments with a GP, Nurse and Healthcare Assistant. There will be additional appointments across this new service for our patients. The surgery remains closed during the federation time for access to other services including collection of prescriptions and medication. This is a separate service and is being staffed by the West Cambridgeshire Federation. The appointments will be running from 18.30 – 20.30 weekdays and 8.30-12.30 weekends available at St Ives, Huntingdon, St Neots and Fenland.

Staff Update



The surgery welcomes a new GP Partner and 3 New staff Members;

The Partnership is pleased to welcome Dr Janani Jayawardena to take over from Dr Bower who will be retiring in April 2019. Dr Jayawardena is familiar with St Ives having worked in this area previously. She has background in teaching and training which will help support the Practice's long term commitment as a training practice. Liz – joins the admin team to help with reporting and IT. Liz has a passion for quality and previously worked in the NHS. Deborah – Is a welcomed addition to the reception team, having working in a hospital setting previously. Jenny is an experienced Healthcare Assistant and will be working alongside our other familiar faces, supporting the Nursing Team.



Help us save NHS Funding



Prescribing over the counter medicines is changing

The NHS has been spending around £136 million a year on prescriptions for medicines that can be bought from a pharmacy or supermarket, such as paracetamol. By reducing the amount the NHS spends on over the counter medicines, we can give priority to treatments for people with more serious conditions, such as cancer, diabetes and mental health problems.

Your GP will not generally give you a prescription for certain medicines that are available to buy in a pharmacy or supermarket, even if you qualify for free prescriptions.

This applies to treatments for these conditions:



Acute sore throat, coughs, colds and nasal congestion, Conjunctivitis, Dandruff, Dry eyes / sore tired eyes, Diarrhoea, (adults) Infant colic, Infrequent constipation Infrequent cold sores of the lip, Minor burns and scalds, Insect bites and stings, Mild acne, Excessive sweating Head lice, Haemorrhoids, Cradle cap, Earwax, Infrequent migraine, Mild cystitis, Indigestion and heartburn, Mild dry skin, Mild to moderate hay fever, Mild irritant dermatitis, Mouth ulcers, Oral thrush, Nappy rash, Minor pain, discomfort and fever (e.g. aches and sprains, headache, period pain, back pain) Teething / mild toothache, Travel

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sickness, Threadworms, Sunburn Prevention of tooth decay, Ringworm / athletes foot, Warts and verrucae, Sun protection.



There are some exceptions.....



- You need treatment for a long-term condition, e.g. regular pain relief for chronic arthritis or inflammatory bowel disease.
- You need treatment for more complex forms of minor illnesses, e.g. migraines that are very bad and where over the counter medicines do not work.
- You need an over the counter medicine to treat a side effect of a prescription medicine or symptom of another illness, e.g. constipation when taking certain painkillers.
- The medicine has a licence which doesn't allow the product to be sold over the counter to certain groups of patients. This could include babies, children or women who are pregnant or breast-feeding.
- The person prescribing thinks that a patient cannot treat themselves, for example because of mental health problems or severe social vulnerability.

If your symptoms do not improve or you start to feel a lot worse, you should:

- Go back to the pharmacy
- Call NHS 111
- Contact your GP

Communicating with You



The surgery has extended Text Messaging Service. You will be receiving messages when you book an appointment and a reminder 48 hours before. Rather than a letter the admin team will be able to send you a text message. This could be to ask you to book an appointment, to give you a message or as part of a health campaign that relates to you as an individual. If you currently do not receive text service and would like to, please let a member of the team know.

Proposed Extension Update

The Practice is pleased to announce that Planning permission was granted at the Council meeting 19th November .A date has not been set as to when the build will commence, this will be communicated once we know more.