

The Robert Darbishire Practice, Rusholme Health Centre, Walmer Street, Manchester M14 5NP.  
Tel: 0161 225 6699



**Rush-home and read it!!**

We hope you like our patient newsletter which helps to keep you informed about the services we provide. If you would like to join our Virtual Patient Participation Group please contact us on [CMCCG.rdp-ppg@nhs.net](mailto:CMCCG.rdp-ppg@nhs.net). We would like to hear your suggestions as to the sort of items you would find useful and would like us to include in future newsletters.

### **Flu Season – what you need to know**

Influenza – commonly known as flu, is a very contagious viral infection. It is much worse than a common cold and we all know a common cold can make you feel very unwell. Most people do not need to see a doctor with their flu symptoms; just need lots of rest, drink plenty of water and take paracetamol or Ibuprofen if you need to.

Some people are more at risk if they get the flu; they can become more unwell and potentially get life-threatening complications. These people include:

- Anyone **aged 65 or over**.
- Have any **ongoing (chronic) lung diseases** - examples include chronic bronchitis, emphysema, cystic fibrosis and severe asthma (needing regular steroid inhalers or tablets). It is also recommended for any child who has previously been admitted to hospital with a chest infection.
- Have a **chronic heart disease** - examples include angina, heart failure or if you have ever had a heart attack.
- Have a **serious kidney disease** -examples include nephrotic syndrome, kidney failure, a kidney transplant.
- Have a **serious liver disease** such as cirrhosis
- Have **diabetes**.
- Have a **poor immune system** - examples include if you are receiving chemotherapy or steroid treatment (for more than a month), if you have HIV/AIDS or if you have had your spleen removed.
- Have certain **serious diseases of the nervous system**, such as multiple sclerosis, or have had a stroke in the past.
- **Live in a nursing home or other long-stay residential** care accommodation.
- **Are pregnant**. Even if you are otherwise healthy **it is now recommended for all pregnant women**.
- In addition to the main at-risk groups of people listed above: You should be immunised if you are the **main carer for an elderly or disabled person**. This is because their welfare may be at risk if you fall ill with flu. This includes staff who work in care and nursing homes.
- Staff involved in direct patient care may be offered immunization by their employer.

#### **How can you prevent flu?**

If you are in an at-risk group you will have received a letter from us inviting you to **attend for a flu vaccine**. This is the safest way to prevent catching the flu. **It is free to all those in an at risk group**. We still have a flu clinic remaining on

Wednesday 21<sup>st</sup> October 2015 – 5.30pm-7pm

Clinicians are also able to administer the flu vaccine for you during your appointment. Please ask. Unfortunately we do not have enough flu vaccine to offer an injection to those not in an at-risk group but you can get this done privately. Some supermarkets and pharmacists offer this service. Flu is spread by coughs and sneezes – remember to sneeze or cough into a hanky and wash your hands regularly.

Please ring reception now to make your appointment. We are happy to answer any questions about the flu – just ask.

## The Robert Darbishire Practice Patient Newsletter: October 2015

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### Protect your child against Flu

Flu is also an unpleasant illness for children as they experience the same symptoms as adults. Complications of flu can include bronchitis, pneumonia and a painful ear infection - these may be very severe and may lead to hospital treatment. The flu vaccine will protect your child from what can be a very nasty illness and reduce the chance of others in your family getting the flu.

This year children **aged 2, 3 and 4 years (date of birth on or after September 1<sup>st</sup> 2010 and on or before September 1<sup>st</sup> 2013)** and those aged **2 to 18 years in at-risk groups** are eligible for the **nasal spray vaccination**, with no need for an injection. The vaccine will allow your child to build up immunity against the seasonal flu virus.

Children aged 6 months to 2 years are still offered the vaccination by injection as the nasal spray is not suitable for children under 2 years.

We will be holding flu clinics for children week beginning Monday 26<sup>th</sup> October and invite your child to attend. Please ring us to book an appointment now.

### Chlamydia Screening

We offer free and confidential chlamydia testing for our patients aged 16-24 years. Did you know that 1 in 10 young people in Manchester have chlamydia? Chlamydia is a common sexually transmitted infection (STI). It often doesn't have obvious symptoms so lots of people who have it don't know it. It can lead to long-term health problems such as infertility (not being able to have children) if it isn't treated.

If you are under 25 years you should have a routine test, once a year, and when you change your sexual partner. **RuClear tests are free and painless.** There is no poking or probing involved, you just need to pee in a pot or do a simple self-taken vaginal swab. Your sample will be tested for chlamydia and another common STI called gonorrhoea. These infections can be treated with a simple course of tablets.

It's really easy to get a test. If you are aged under 25, you can get a free test from us, please contact reception or ask you Nurse or Doctor to arrange the test. If you are over 25 years please book into the Sexual health Clinic on Wednesday or Friday.



#### Text Messaging

We send out appointment reminders and other messages via text. If you do not wish to receive text messages please let reception know. If you need to cancel an appointment please call reception or if you are registered for online patient access please cancel your appointment online.



#### Do you have Online Patient Access?

We now provide some of our services online through Patient Access once you have registered as a patient. You can have 24hr online access to booking some appointments, cancelling all appointments, ordering repeat prescriptions and viewing your medication, allergies and immunisations. You will need to ask for a registration form at reception. You will then be able to register through our website at: [www.rdp.org.uk](http://www.rdp.org.uk)

#### Sick notes

Do you need a sick note? Please speak to reception (telephone or in person). They will advise you if you need to see or speak to your doctor. We can usually have your sick note ready in 2 working days (48hrs).



#### Improving your health

If you would like more information about improving your health and the services available go to [www.choosewellmanchester.org.uk/](http://www.choosewellmanchester.org.uk/).

The Minor Ailments Scheme service operates in partnership with your GP practice so that registered patients can get advice and any medicines they need from a local community pharmacy without the need for an appointment with your GP.



The staff held a MacMillan Cancer morning on 25<sup>th</sup> September and raised £174 from the cakes they baked. Thank you to all the staff that donated and contributed.