

## PRESTON SURGERY CLOSED DUE TO FLOOD.

We would like to extend a **HUGE THANK YOU** to all our patients for your support and understanding whilst Preston Surgery was closed in September due to a major flood from the roof. Due to the nature of the building it was not safe to restore electricity to affected areas until the surgery had properly dried out, and for other repairs to be carried out.

We would also like to thank all the patients who offered their services at this time.

A big thank you also to all our staff, for continuing to provide the patient care you deserve, ensuring all patients were contacted, that appointments were not cancelled, and all with patience, courtesy and good humour.

**Thank you - from The Partners of Royal Crescent & Preston Road Practice.**

## FLU CAMPAIGN 2019

There are 2 different flu vaccines for adults which will be delivered to the surgery on different dates. Flu vaccine invitation letters have been sent to all eligible patients. This letter will tell you **which Flu Clinic to attend** for the correct vaccine. It is important you try to attend the clinic stated on your letter.

### \*\* FLU CLINICS \*\*

Sat 28th September - Westfield School  
9.30-1.30pm (for adults aged over 65 only)

Sat 26th October - Wey Valley School  
9.30-1.30pm

Wed 30th October - The Park Centre  
1.30-6pm

Please contact the surgery as soon as possible if you think you are eligible but have not received a letter, or you are unable to attend the clinic dates given to you. We will be able to offer you an appointment at the surgery.

## A Safe & Well visit is a totally free service offered by Dorset & Wiltshire Fire and Rescue Service.

A member of the team will visit you at home and offer advice to make you and your family safer and healthier in your own home. With the winter months coming up, and fire places returning to life it is well worth requesting a visit. You can request a visit by **calling 0800 038 2323** or find out more online by visiting **www.dwfire.org.uk**.

**Stay Safe and book your visit today.**

## Preston Surgery Newsletter October 2019

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## Royal Crescent & Preston Road Practice to become a 'Parkrun Practice'

The Royal College of General Practitioners is collaborating with parkrun UK to promote the health and wellbeing of staff and patients. Under this new initiative GP practices across the UK are encouraged to develop close links with their local parkrun to become parkrun practices.

People can walk, run, jog, volunteer or spectate to take part in any way that suits them.

We will be launching an event in November. The event will be open to all, including those who are inactive or have health conditions or disabilities. Its an opportunity to socialise, make friends and be part of a welcoming, supporting community.

More information will follow in November's newsletter and information will be available in the surgery.

Dig out your running shoes and join our surgery staff every Saturday morning for a parkrun at Lodmoor Country Park.

## Have you had your MMR vaccine?

Measles is a highly infectious viral illness that can be very unpleasant and sometimes lead to serious complications. Anyone can get measles if they have not previously been vaccinated.

Symptoms of measles develop around 10 days after you have been infected which can include:

- ◆ Cold-like symptoms, runny nose, sneezing and a cough
- ◆ Sore, red eyes that are sensitive to light
- ◆ High temperature, which may reach around 40c (104f)
- ◆ Small greyish-white spots on the inside of the cheeks

A few days later, a red-brown blotch rash will appear, which usually starts on the head or upper neck before spreading outwards to the rest of the body.

If you suspect you or child has measles please contact your GP surgery by telephone. Do not present in surgery as measles is highly contagious.

There has been a rise in reported cases of measles in the UK. Measles can be prevented by having the MMR vaccine. If you have not previously received the MMR vaccine you are encouraged to do so. Adults and children can be vaccinated at any age if they have not been vaccinated before.

We are pleased to now offer **eConsult** to all patients. eConsult allows patients to consult with their GP electronically, for more minor problems or administrative queries. Visit our website and click the eConsult link.

