

Flu Clinic Dates 2024

Winter Support

As the colder days approach, some people may face the difficult choice between heating their homes or buying food. If you're unsure where to turn for help, **HertsHelp** is here for you. Their trained advisors can provide confidential advice and connect you with local support services to get the assistance you need. Contact HertsHelp at:
Phone: 0300 123 4044
Email: info@hertshelp.net
Website: www.hertshelp.net

New Website

We're pleased to announce the launch of our new website at: www.fernillesurgery.org. We hope you find it to be more user-friendly and easier to navigate. If you have any suggestions on how we can improve it, please let us know- we'd love to hear your feedback!

"Allow yourself as much time as you need to make the decisions that are healthy for you. There's no expiration date on feeling better!"
- Anonymous

Opening Hours

Monday	8am-6.30pm
Tuesday	8am-6.30pm
Wednesday	8am-6.30pm
Thursday	8am-6.30pm
Friday	8am-6.30pm
Saturday	8am-12noon*

*For pre-booked appointments only

Tel: 01442 213919

www.fernillesurgery.org

We are pleased to announce our upcoming flu vaccination clinics. If you're eligible, please join us on the following dates:

- **Saturday, 5th October:** For patients aged 65 and over
- **Saturday, 12th October:** For 'at risk' patients under 65

Appointments have been scheduled in hourly slots. If you cannot attend your allocated time or day, feel free to come on either date- **you do not need to telephone us.**

For safety reasons **the car park will be CLOSED** to all patients (as in previous years). Free parking is available in the nearby supermarket for up to 2 hours.

If neither of these dates are convenient, you may wish to visit your local pharmacy for the vaccination.

Please note that both pharmacies and GP surgeries have been instructed not to administer the flu vaccine before 3rd October to ensure the best protection for the peak of flu season.

Pregnant women, children aged 2-3, or those under 18 who are classified as clinically 'at risk,' will receive an invitation to book a convenient appointment. All other children will receive their flu vaccination at school. Parents/Carers can call the school immunisation team on 0300 555 5055 and select option 1.

We encourage everyone eligible to get vaccinated and stay protected this winter.

For more information, visit: <https://www.nhs.uk/vaccinations/flu-vaccine/>

RSV Vaccines

What You Need to Know

This year, you may also be invited to receive the RSV vaccine.

Respiratory Syncytial Virus (RSV) is a common cause of coughs and colds, and most people will experience it multiple times in their lives. While RSV usually resolves on its own, it can lead to serious illnesses like **pneumonia** and **bronchiolitis** (a lung infection), particularly in older adults, babies and those with certain health conditions such as Chronic Obstructive Pulmonary Disease (COPD).

The RSV vaccine is especially recommended if:

- **You're pregnant** – the vaccine is advised during every pregnancy (from 28 weeks onwards) to protect your baby after birth.
- **You're aged 75 to 79** - older adults are more vulnerable to severe complications from RSV. (you are not eligible if you turned 80 before 1st September 2024)

Eligible patients will receive an invitation and it's best to get vaccinated as soon as it's offered to you. Please note that the RSV vaccine will not be available at the flu clinic.

To learn more about the RSV vaccine and its benefits, visit: <https://www.nhs.uk/vaccinations/rsv-vaccine/>

The NHS App

Sign-up for Online Services

Prescription requests can be completed at your convenience, day or night and sent to your nominated pharmacy, saving you from having to visit the surgery. Forms are available from reception or our website: www.fernillesurgery.org

Evening & Weekend Services

If you require an evening or weekend pre-bookable appointment, please ask our reception team about the **Dacorum Extended Hours Service**. Clinics may be held in various 'hubs' around Dacorum, perfect for those that find it difficult to attend daytime appointments. If you need help or advice when we are closed; **NHS111** is available 24 hours a day, 365 days a year.

Prescriptions

Fernville do not offer an emergency prescription service unless it is medically necessary. It is your responsibility to ensure you have adequate medication.

Please allow 3 working days to process repeat prescriptions requests.

Our Doctors

Dr Raj Mapara
Dr Meeta Duggal
Dr Ash Patel
Dr Rebecca Asquith
Dr Sonal Mapara
Dr Frances Waite
Dr Priya Shah
Dr Joe Gerson
Dr Ghada Al-Malky

**Patient Services
Manager & Carers
Champion:**
Mandy Curtis

The NHS App lets you access important health services from your phone, tablet, or computer. Once you're all set up, you can easily manage appointments, order repeat prescriptions, check your health records and test results, and receive messages from your doctor.

You can download the "NHS App" for both Android and Apple devices or visit the NHS website. <https://www.nhs.uk/nhs-app/>
For helpful advice and video guides please visit: [NHS App help and support - NHS \(www.nhs.uk\)](#)

Still need help getting started? If you're not sure how to set up the NHS App or need a hand, two friendly volunteers from "Fernville Friends" can help! Just contact the surgery, and we'll arrange a time for our volunteers to help you get the app working on your device.

When you come in, make sure to bring:

- Your device, fully charged
- Proof of who you are (like an ID)
- A recent digital photo of yourself (so we can upload it to the NHS system for you)

Please note that we can't take the photo for you.

Training Future GPs

Fernville is a leading training practice for doctors aspiring to become General Practitioners (GPs). One of the final steps to qualifying as a GP is the Simulated Consultation Assessment (SCA), where doctors are tested on their communication, diagnostic, and clinical skills through realistic consultations with professional actors.

To be eligible for this exam, doctors must be in their final year of GP training, having already completed at least four years as a practicing doctor and five years of medical school.

We are thrilled to announce that Dr Ghada Al-Malky, Dr Elle Hartland and Dr Fizza Rizvi have all recently passed their exams, with Dr Hartland achieving the highest score in the East of England in her recent SCA exam!

Congratulations to all of them for their dedication and hard work. This serves as a great reminder that when you see your GP, you're being cared for by highly trained and experienced professionals- far better than any internet search when it comes to diagnosing your symptoms!

We're honoured to support the development of future GPs and play a role in shaping the next generation of GPs.

A FINAL WORD

The Fernville team wishes to express its gratitude to the dedicated 'Fernville Friends' for creating this newsletter.