



# NEWSLETTER

Amersham Health Centre

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## **Sandeep Matharu** Practice Nurse

I have been working at Amersham Health Centre as a nurse since April this year. I am really enjoying my role, having joined a wonderful and dedicated nursing team.

I previously worked in acute medicine and intensive care at Imperial College Healthcare NHS Trust but decided to train in GP nursing as I wanted to have a more community-based role and be able to offer continuity of care.

In my spare time I like spending time with my family, and I try to stay active by running and boxing. I love to travel! I am also very passionate about helping those in need and volunteer whenever I can with Thames Reach, a charity which strives to end street homelessness.

November 2024

## **Need to chase your referral?**

Please call General Outpatients:  
01296 838 888

- Option 1: Dermatology & Cardiology
- Option 2: Obs & Gynae
- Option 3: Oral Surgery
- Option 4: Orthopaedics
- Option 5: National Spinal Injuries Unit
- Option 6: any other service

Diagnostic Centre: 0333 999 7636  
(for ultrasounds)

Musculoskeletal & physio referrals:  
0333 999 2586

## **ARE YOU STILL DUE YOUR FLU VACCINE?**

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All patients over the age of 65 are eligible for a free flu vaccination.

If you are under 65, you may be eligible for a free vaccine - to check your eligibility [click here](#).

School-age children will receive their nasal flu in school. Children aged 2-3 years old and those between 6 months – 17 years with certain [long-term conditions](#), can have the vaccine administered at the surgery.

**To book your flu vaccine, please call after 11.00 am on 01494 434 344**

## Ask First – our Digital Front Door

If you are able, please use our Ask First app to request an appointment – you can do so from 8.00 am every morning. This will not only save you queuing on the telephone, but will also enable you to supply more detailed information about your concern.

Each request will be triaged on the day by our Duty Doctor who will assess it and decide on the best course of action. We will then contact you with an appropriate appointment in line with this decision. This could range from an on-the-day to a routine appointment in the near future, a Pharmacy First referral or a request to self-refer to other services like MSK or social prescribers.

If you have submitted an Ask First request, please do not call the surgery. Wait for us to contact you – we will do so mainly by email, so please keep an eye on your inbox. We will text or call if these are the only means of contacting you. It is very important that we have your up to date contact details – please use Ask First to send us any updates.

If the Duty Doctor decides you need to be seen that day, please do your best to attend the appointment offered. Should you be unable to do so, please seek medical help where you are and call 111 if your symptoms get worse.

Our Reception team will continue to take appointment requests over the phone from patients unable to use Ask First, but these requests will also need to be triaged.



## Pregnant?



Immunisation helps  
to protect you and  
your baby from  
infectious diseases

### Whooping Cough (Pertussis) vaccine

The whooping cough (pertussis) vaccine is offered to all pregnant women between 16 and 32 weeks of pregnancy to protect their babies from this serious disease. You can have the vaccine after 32 weeks, but it may not offer the same level of protection. Whooping cough is a highly infectious disease that can be very serious for babies under 1 year of age. Most young babies with whooping cough will be admitted to hospital.

### Respiratory Syncytial (RSV) vaccine

The aim of the RSV vaccination of pregnant women programme is to reduce the incidence and severity of RSV disease in infants. While RSV can occur at any age, babies under one year of age are at the greatest risk of hospitalisation with more severe RSV.

You should be offered the RSV vaccine no earlier than your 28-week mark but getting vaccinated as soon as possible from then on will provide the best protection for your baby. The vaccine can be given later if needed, including up until you go into labour.

### Influenza (flu) vaccine

Having the flu vaccination means that you are less likely to get ill with flu, and it reduces the risk of you having serious complications such as pneumonia. For these reasons, all pregnant women are recommended to have the flu vaccine.

To book any of these vaccines please use [Ask First](#) - select "Routine appointment" then "Nurse appointment"