

# In Good Health

## Flu, pneumococcal & shingles

From the end of September we will be running flu vaccination clinics in both surgeries. All who are entitled to this vaccination should receive an invitation via txt message prior to this. If you are unsure of your eligibility, then please check with reception. This year there are separate flu vaccinations for those under 75 and those that are over 75. We are running separate clinics to prevent any confusion so you may find that only certain days are available for you to book an appointment. The pneumococcal vaccination will be offered to those 65 and over

who have not had one previously. The vaccine protects against serious and potentially fatal pneumococcal infections. Unfortunately, sources suggest there may be a shortage of this vaccine so you may have to be recalled for this at a later date. The surgery will also be vaccinating those who are eligible for the shingles vaccination. You are eligible for the vaccination if you are aged 70 or 78. In addition, anyone who was eligible for immunisation in the previous three years of the programme but missed out on their shingles vaccination remains eligible until their 80th birth-day. It is not available on the NHS if you are 80 or over.



### DNAs (Did not attend)

Each month we publish how many appointments have not been attended. These are displayed in surgery and on our website. As a practice we would strongly advise that if you book an appointment, you record it carefully and you call to cancel if you are unable to attend, we are then able to offer this appointment to another patient. It is practice policy that if you persistently DNA then you will unfortunately be asked to find an alternative surgery.

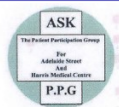
## Childhood Vaccinations

Each surgery runs clinics to vaccinate your children. These are held once a week, on a Wednesday morning at Harris and on a Thursday afternoon at Adelaide. Your child will be invited a total of 5 times. At 8 weeks, 12 weeks, 16 weeks, 1yr old and for pre-school vaccinations when

3yrs 4 months old. If you have not received an invitation to these clinics and you feel your child is due to attend, or would like to check your child's immunisation status, then please contact either surgery. **Further information:** [www.nhs.uk/Conditions/vaccinations](http://www.nhs.uk/Conditions/vaccinations)

## Housing problems?

On the first Wednesday of every month a representative from the council will be running a clinic at Harris Medical Centre to help with any housing problems in the mereside area. Problems can include nuisance neighbours or specific problems relating to your accommodation. The clinic runs 9:30 - 11:00am.



The next PPG meeting will take place on Tuesday 25th September at 6pm at Whitegate Health Centre in the meeting rooms. This is a particularly special meeting as it will be attended by Phil Hargreaves MBE who is head of estates for the area, and heading up the planning for the new building. He will be there to explain the plans currently in place, answer any questions you have and take on board suggestions. Plans can be viewed on the council website. To take part in the meeting either pop along to Whitegate drive on 25th September or join the FB group 'Adelaide Street Surgery Patient Participation Group'.

## FY2's & Students

A new FY2 arrived in August. His name is Dr Nikolaos Katsieris and appointments are now available. In the coming months we will also play host to medical students from UCLAN & Manchester.



## REMEDIES - Sexual Health Service

Remedies (an anagram of mereside) is a sexual health service provided by Adelaide Street & Harris Medical Centre. The service is open to all Blackpool residents, including those not registered with the practice. The service aims to identify instances of sexually transmitted infections and

treat them accordingly. It is a completely anonymous and confidential service, where patients do not even need to give us their names if they do not wish.

Appointments can be made on our dedicated number:

**07585 509689**



## A word from a PPG member...

I have been one of the Patient Participation Group since our Diabetic Nurse, Jo Booth, formed it more than a few years ago. Our PPG was one of the first in the country, but now all surgeries are required to have one. We trail blazed thanks to Jo. Personally, I find being part of ASK makes me feel involved in some of the decisions that our health care professionals need to make. We give them a patient's eye view of things, and I always feel that we get lis-

-tened to. In the first few months of ASK, we suggested that the chairs in Kentmere Drive be replaced, and that it would be good to have a photo board of the staff we were likely to be treated by on the wall of the waiting area. Both of these suggestions were taken seriously and accepted. Different people from the surgery's come along to the ASK meeting which take place in Whitegate Drive Health Centre every 8 weeks, bringing us up to date with more things than I have space to mention.

Everything and anything from the Clinical Commissioning to, well, the chairs and photo board. Join us. It is an hour every two months, and you will find that the doctors, nurses, receptionists – everyone who works in the surgeries – become more than just a uniform tending to us when we are sick or injured. And we, I think, become more than an illness.

- Viv, PPG Member

### Are you on facebook? Yes? So are we.

We recommend that all our patients join our facebook page to keep up to date with surgery news. Our page is updated regularly with information regarding not only the two surgeries, but also local health matters and other health related information.

The link for our page can be found at the bottom of this page.



## Dates for your diary

- 11th - 17th Sept** - Sexual Health Week
- 25th Sept** - PPG meeting, Whitegate Drive Health Centre at 6pm
- 25th Sept onwards** - flu clinics
- Fri 19th Oct** - Wear it Pink (Fundraising for Breast Cancer Now)
- October** - Stoptober (National Smoking Cessation Month)
- November** - Movember (National Men's Health Awareness Month)
- 1st Dec** - World Aids Day

## New App - My GP

You may have already received a txt invitation to download our new app called My GP. You can register for this app with your mobile number and date of birth, provided that the mobile number matches the one we hold for you. You can also add your children if they have the same mobile number on their record, so that

you will be able to book appointments for them too. You will also receive all appointment reminders through the app rather than a txt message. The app links to patient access so you are able to order medication in the usual way.



### Need a plumber, local pharmacy, or a local support group?

This information and a whole host of other information can be found in the FYI directory. The FYI directory is a new, unique directory for people across Blackpool, Fylde and Wyre. It brings together information about a wide range of local health and council services, community & social groups, wellbeing activities and events into one comprehensive source.



## A Healthy Recipe To Try...

### Beef Chop Suey

#### Ingredients

- 2 tsp rapeseed oil
- 200g lean beef strips
- 3cm ginger, peeled & finely chopped
- 4 cloves garlic, thinly sliced
- 1 onion, finely chopped
- 1 carrot, matchsticks
- 1 red pepper, thinly sliced
- 150g tenderstem broccoli
- 75g mangetout
- 1 tbsp oyster sauce
- 300g noodles
- 2 tsp sesame seeds

#### Method

1. Heat the oil in a wok or large saucepan. Add the beef strips, stir for 1 minute, then add the ginger and garlic and stir for another minute. Remove the beef from the wok and set aside.
2. Put the wok back on the heat and add the onion and carrot. Stir for 2 minutes, then add the red pepper and broccoli. Stir for another 2-3 minutes.

3. Add 2-3 tbsp of water, then cover with a saucepan lid to trap the steam. Cook for a further 2 minutes.

4. Return the beef, along with any juices, to the wok. Stir well. Add the mangetout and noodles, then stir for 2 minutes, until the noodles are hot.

5. Finally, stir through the oyster sauce and place in bowls. Sprinkle with sesame seeds to serve.

For a gluten-free version, use rice noodles. You can use pork, chicken or turkey for this dish. For a vegetarian version, use strips of tofu in place of beef.

- Kcal - 540
- Carbs - 55.2g
- Fibre - 11.4g
- Protein - 37.5g
- Fat - 16.2g
- Saturates - 3.2g
- Sugars - 11g
- Salt - 1.1g

## Staff Changes

A number of staff changes have taken place over the past few months.

#### Leaving

Wendy - Admin  
Jude Duffy - Paramedic  
Jodie - Reception

#### Joining

Olivia - Reception  
Dr M Akhmatov - GP Registrar  
Michael Duffy - Paramedic  
Michelle Porter - Pharmacist  
Alahna - Admin

