



Flu Vaccinations

From September 1st onward, the following groups are eligible for the flu vaccination:

- **Children aged 2-3, in reception to year 11, or in a clinical risk group**
- **Pregnant Women**
From 1st October onwards:
- **Aged 65 or above**
- **adults in the clinical risk group**
- **frontline social care staff or carers**
- **anyone in contact for the immunosuppressed**

Covid Autumn Booster

From October 1st, if you are **75 and over, immunosuppressed, or a resident in a care home**, you are eligible for a covid vaccine. You can book this in either at a pharmacy or you can contact Elgar House to book in your flu and covid jab together



Clinical Risk Groups

The clinical risk group includes patients with the following:

- Chronic respiratory disease (such as asthma)
- Heart disease
- Diabetes
- Weak immune system
- Chronic kidney or liver disease
- Neurological conditions
- Morbid obesity

If you are unsure and feel you fall into this group, contact reception

Get your pneumococcal vaccination

If you are aged 65 or over, you are eligible for a pneumococcal vaccination. This helps protect against **Meningitis, Sepsis and Pneumonia**

Contact us Online

If you need help with a non-urgent medical or admin request, you can contact us online by visiting our website

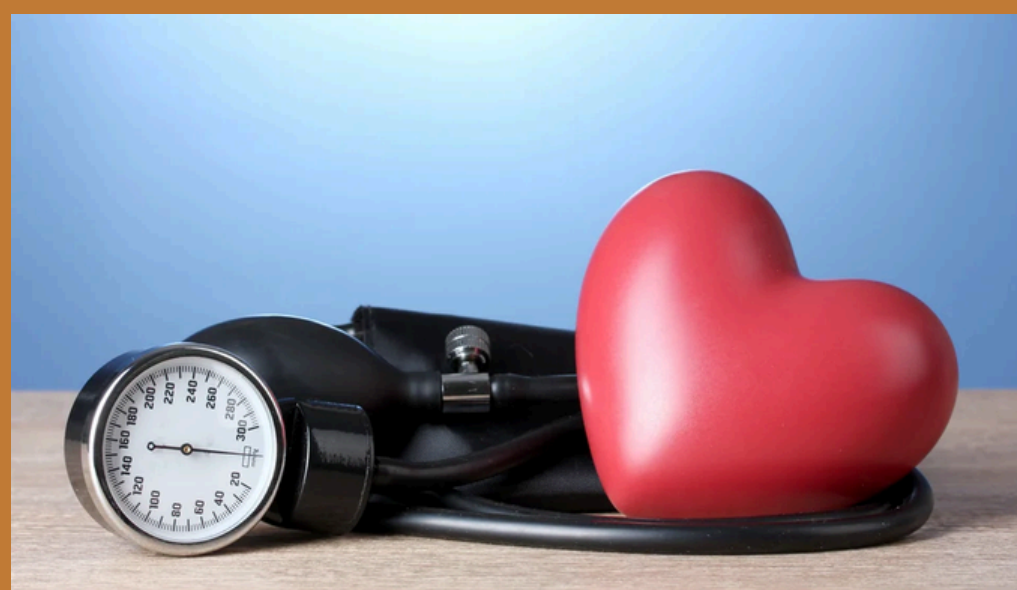


Importance of Blood Pressure Readings

It is important that we have updated blood pressure readings if you have any of the following:

- **Hypertension**
- **Diabetes**
- **Chronic Heart Disease**
- **Had a stroke**

Having updated readings helps us in ensuring you are receiving the best quality of care. If you don't have a blood pressure monitor at home, you can either come into reception and we will do a reading, or you can get it done at a pharmacy. If you have any concerns about your blood pressure please contact reception



Join thousands of other smokers committing to quit this October.

If you need help with quitting smoking, you can try using the NHS Quit Smoking app, that can track your progress and offer daily support. If you need additional support, get in touch.

WorkWell

The WorkWell programme aims to address any health or employment related challenges, with the ultimate goal of improving well being and reducing unemployment due to health conditions.

If you are interested, get in touch with reception and a text with more information can be sent.

Think Pharmacy First

Your local Pharmacy can help give you clinical advice on the following conditions, without the need for an appointment

- | | | |
|-------------------------|---------------|---------------------------|
| • Impetigo | • Earache | • UTIs (Women aged 16-64) |
| • Infected Insect Bites | • Sore Throat | • Shingles |
| | • Sinusitis | |

Information about Diabetes



We encourage every patient with diabetes to learn more to help with managing your condition. The following are services aimed at helping you with your diabetes. These take place online and in small groups, as well as some face to face options. If you are interested in any of these services, you can be referred by one of the diabetic nurses at Elgar House

First Steps

A single 2.5 hour session that is an introduction to Diabetes, self-management, healthy eating and activity. A good service for anyone newly diagnosed.

Carbohydrate Awareness Session

Single 2.5 hour session for patients taking once or twice daily insulin. Topics covered include which foods contain carbohydrate, how your insulin works, and how to balance insulin and activity levels.

Xpert Diabetes

A six week programme covering all aspects of diabetes in greater detail. Topics include: Health results, diet, weight, carbohydrates, food labels and avoiding complications

Xpert Insulin

This is a six week programme for patients that are treated with insulin and will provide knowledge and build confidence to self manage diabetes.

VICTOR

This is an insulin programme run for patients with Type 2 diabetes on a basal bolus insulin regime (2 different types of insulin).

DAFNE (Dose Adjustment for Normal Eating)

This is an intensive 5 day course for patients with Type 1 diabetes on multiple daily injections. The course is run over one week, or a day a week for 5 weeks. This programme will provide knowledge and skills for adjusting insulin doses to match carbohydrate content in meals. Topics include carbohydrate counting, insulin dose adjustment, management of hypoglycaemia, illness and exercise.

Annual Update Session

If you have previously attended one of our courses we can offer an annual updates session – there is continual development in the treatment of diabetes, so these sessions help you stay up to date, and are a good knowledge refresher.

Information about Diabetes Continued



Healthy Living with type 2 diabetes

An online information and support course, available anytime to work through at your own pace. Visit www.healthyliving.nhs.uk

Weight Loss injections

We have had many enquiries about the weightloss injections. Please see the Link below for further information about what is happening locally.

<https://www.hwics.org.uk/our-services/weight-management>

Pathway to Remission Programme for those within 6 years of diagnosis

The Pathway To Remission is a yearlong programme whose primary aim is to achieve remission from diabetes. It involves 12 weeks of total diet replacement with milkshake or soup followed by structured, gradual food re-introduction. It is certainly not an easy option, but this can be an efficient way of reducing your blood glucose as well and losing weight. For more information please contact the Diabetes Nurses.

You are the most important person in your Diabetes Care Team – Together with your GP and Practice Nurse, and the resources described in this leaflet, you have all you need to control your diabetes successfully.

To access any of the programmes, please discuss at your next appointment in the Diabetes Clinic – or just leave us a message at reception.