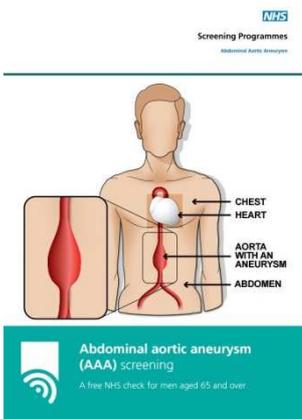


# WASHWAY ROAD MEDICAL CENTRE

## "SURGERY SNIPPETS"

- a newsletter for our patients.  
July - September 2018

### Calling all men aged 65 & over\*



The national AAA screening programme will soon be inviting you to attend **Chapel Road clinic** for this free, painless screening scan. Abdominal aortic aneurysm (AAA) screening is a way of checking if there's a bulge or swelling in the aorta - the main blood vessel that runs from your heart down through your tummy. A bulge or swelling is called an abdominal aortic aneurysm: **men aged 65+ are most at risk.**

As with many long term conditions, it's better if it's spotted early on because it could get bigger and eventually burst (rupture). If you're found to have an AAA, treatment can either be undergoing regular scans to monitor this or having surgery to stop it bursting. Either way, please attend when you receive your invitation. Find out more on NHS Choices – [www.nhs.uk/conditions/abdominal-aortic-aneurysm-screening/](http://www.nhs.uk/conditions/abdominal-aortic-aneurysm-screening/)

If you've not received your invitation by the Autumn, ring 0161 291 5716 quoting your NHS number.

\*Men already treated for an AAA are excluded from screening.

**WELCOME ☺** to our new doctors in training from 1 August 2018

Dr Rob Holloway – will be spending his final year training to be a GP, under Dr Simonton's supervision. Drs Harlie Woodham & Martha Hawker will be spending 4 months with us as part of their rotational placement and will be under the supervision of Drs Ferguson & Hobman.

**GOODBYE ☹**

We sadly say goodbye to Dr Ben Liu who has completed his year's GP training with us and Drs Ashley Cooper & Chris Wheeler who have completed their 4 month rotational placement. We have very much enjoyed them being part of our team and wish them all the best for their future success.

#### GENERAL DATA PROTECTION REGULATION (GDPR)

There's been a lot in the news about GDPR which came into force on 25 May 2018. This has required some minor changes with regards to our data processing. You can find out more on our website

[http://wrmc.org.uk/index.php/about\\_us/administration/confidentiality](http://wrmc.org.uk/index.php/about_us/administration/confidentiality)

If you have provided us with your mobile number we will continue to send you messages via SMS related to your personal healthcare & our services, unless you have previously declined consent to do this.

#### NHS DATA SHARING

You may also have heard or seen the national campaign about **exercising your rights about sharing your NHS data.**

We recommend you pick up a leaflet at the surgery or click this link [www.nhs.uk/your-nhs-data-matters](http://www.nhs.uk/your-nhs-data-matters) to find out more.



Make the most of your **Thursday mornings**, by taking an enjoyable hour's trip out with our **friendly walking group**. Come & support the valuable efforts of our volunteer walk leaders: meet at **10:30am** at **Walton Park Bowls Pavilion**.

# 7 DAY GP SERVICES LAUNCHED!



Trafford Primary Health is proud to announce their extended provision of 7 day GP services across Trafford. This means any Trafford resident already registered with a GP surgery will be able to **book routine appointments** with a **Trafford GP or nurse or phlebotomist** (blood sample taker), **outside of usual surgery hours**.

Routine appointments available:

**Monday – Friday 6:30pm – 8pm**  
**Saturday & Sunday 9am – 1pm**

bookable by your own GP surgery.

This is a huge benefit to patients – providing more appointments, delivered by experienced, local clinicians, over an extended range of times and days. In particular, those who may struggle to find time to **seek help for a new problem** (not follow-up of an existing problem), **from a GP outside of working hours** or **see a nurse for their diabetic or asthma or COPD annual reviews or have a cervical smear test**. The ability to have a **routine blood test by appointment** should hopefully ease the pressures on the Monday – Friday drop-in clinics too. [Remember to take your blood test form(s)!]

Hub sites run & staffed by Trafford Primary Health are based at:

- Firsway Medical Centre, 121 Firsway, Sale, M33 4BR
- Flixton Road Medical Centre, 132 Flixton Road, Urmston, M41 5BG
- North Trafford Group Practice, 564 – 566 Chester Road, Stretford, M32 0PA
- St John’s Medical Centre, St John’s Road, Altrincham, WA14 2NW

Please note that the hubs provide **routine care in pre-booked appointments** during these times; there are no “drop-in” or urgent care facilities or access to non-TPH practice services eg prescription collection, at those locations. For urgent care needs outside of usual surgery times, ring NHS 111, as usual.

**Patients can book & cancel hub appointments  
by contacting their own GP practice, as usual,  
between 8am – 6:30pm Monday – Friday.**

## Trafford Central Patient Participation Group meeting

Sale’s 6 GP practices (Trafford Central) are working together to involve patients & hear their feedback about the running of local GP services. This joint meeting is on **Thursday 24 July at 2pm** at Firsway Health Centre, 121 Firsway, Sale, M33 4BR. If you would be interested in attending, please let us know on 0161 905 4711 or email [info@wrmc.org.uk](mailto:info@wrmc.org.uk)

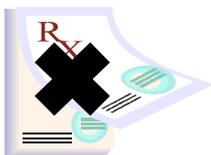
## BANK HOLIDAY & TRAINING CLOSURES

The surgery will be closed for the **bank holiday on Monday 27<sup>th</sup> August**. We are also closed from **1pm on Thursday 12 July** for Trafford CCG’s quarterly education event.

Should you need **urgent** medical attention that cannot wait until we re-open, the services below may help:

NHS 111 (24 hour NHS advice line)	111
Minor injuries unit, Altrincham General Hospital	0161 934 8300 (8am-8pm w’days;10am-6pm w/e & bank hols)
Trafford Urgent Care Centre, Trafford General Hospital	0161 747 4978 (8am - 8pm)

NHS Choices website at [www.nhs.uk](http://www.nhs.uk) gives more information about NHS Walk-in Centres open near you.



REMINDER: If you’ve not yet signed up with a local pharmacy for the **electronic prescription service (EPS)**, please do this now, so you don’t need to visit the surgery to collect your printed prescription.



# SEASONAL 'FLU VACCINATION NEWS

**THIS YEAR'S 'FLU PLAN IS DIFFERENT FROM PREVIOUS YEARS  
– read below how this may apply to you**

The “at risk” patient groups remain the same, namely those:

- Aged 65+ [by 31/3/19]
- Aged 2 – 9 [by 31/8/19] – schools will be administering for ages 4 - 9

and anyone aged 6m – 64 with any of the following criteria:

- Diabetes
- Chronic heart or stroke disease
- Chronic kidney disease
- Chronic liver disease
- Chronic respiratory disease – COPD or severe asthma
- Chronic neurological disease
- Weakened immune system due to disease or treatment/medication
- Splenic dysfunction or absence of spleen
- Pregnant women
- Living in long-stay residential homes
- Carers
- with BMI of 40+

We are also offering 'flu vaccination to patient facing health & social care staff employed by registered nursing/care home/hospice or domiciliary care provider.

**This year, there are THREE separate types of 'flu vaccine for “at risk” patients:**

- TYPE 1: Adjuvanted trivalent inactivated vaccine for patients with a **date of birth on or before 31 March 1954**
- TYPE 2: Quadrivalent inactivated vaccine for patients with a **date of birth on or after 1 April 1954**
- TYPE 3: Live attenuated **intranasal** vaccine for children aged 2 - 17

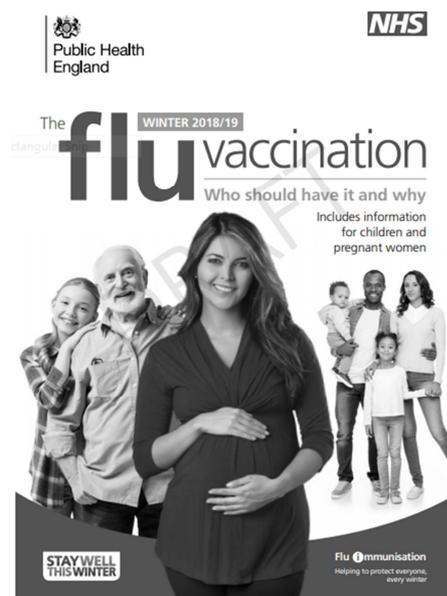
**These vaccines are not interchangeable; you will need the one that is specifically developed to best protect your age group ....**

**TYPE1 vaccine is arriving early September** with further staggered deliveries in October & November, in line with national plans;

**TYPE2 vaccine is arriving later in September** with regular deliveries throughout October;

**TYPE3 – child nasal vaccine, is arriving early October,** with further staggered deliveries in October & November, in line with national plans.

Find out more in Public Health England’s ‘flu leaflet -



We’ll invite all our **5089 “at risk” patients** for their vaccine, at the earliest opportunity, stock permitting. This may be in routine surgery or clinic appointments, at mass drop-in ‘flu sessions or appointment only ‘flu clinics. **If you think you are in an “at risk” group and haven’t been invited or offered ‘flu vaccination by the end of October, please let us know.**



Please try to respond when you are invited as this helps us plan our activities and reduce any vaccine waste. **We need to know promptly if you don’t want your ‘flu vaccination,** so please let us know on 0161 905 4711 or by email [info@wrmc.org.uk](mailto:info@wrmc.org.uk)

With your help, **we plan to complete the vaccination of “at risk” patients by the end of November,** with the aim of protecting the majority prior to any likely ‘flu outbreak in December/January – as has occurred in previous years.

If you don’t qualify for a free NHS ‘flu vaccination, you can get this from any participating pharmacy for a small charge. We are not permitted to offer ‘flu vaccine outside of this NHS programme, to our registered patients.

Keep checking our website: [www.wrmc.org.uk](http://www.wrmc.org.uk) for up-to-date ‘flu news & the NHS UK website for information about protecting “at risk” groups <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>