

# Rothwell & Desborough Healthcare Group Newsletter

Autumn 2019  
Issue 2

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**We are still looking for new members in both our formal and virtual patient participation groups (PPG).**

**If you are interested in joining visit our website or collect an application form from reception.**

**Patient input is very important to us, so the more people who sign up, the better our services can be!**

## Clinic Information

### Flu Vaccination Clinics

We have ordered the flu vaccinations for 2019 and will be running flu clinics from September 2019.

You are eligible for a flu vaccination on the NHS if you:

- are 65 years old or over
- are pregnant
- have certain medical conditions
- are living in a long-stay residential care home or another long-stay care facility
- receive a carer's allowance, or you're the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill

If you think you may be eligible for a free NHS vaccine or if you are unsure whether you are eligible, speak to reception who can advise you. Keep an eye out on our website or in surgery for our clinic dates.

**Remember to use your GP surgery for flu vaccines, we can ensure your records are kept up to date and give you additional advice regarding the flu vaccination.**

## Question

How many repeat prescriptions do we process a month?  
Turn over for the answer!

## Disposing of your unused medication

We are regularly asked by patients what they should do with any unused medication. Waste medication should not be disposed of in regular bins. Unwanted medicines including tablets and capsules, creams and ointments, liquids and inhalers should be returned to a pharmacy for disposal. If you return controlled drugs you may be asked to sign a controlled drugs register.

Any appliances such as unused catheters, stoma bags and packaging can be disposed of in household waste. Likewise contaminated waste including used catheters, incontinence pads, plasters, stoma bags and non-infectious dressings should be double bagged and can be disposed of in household waste.

### My healthcare directory

The Northamptonshire Healthcare Partnership has recently released a new directory which provides information to the public and GP's about where they can access support for the following:

- Smoking
- Weight management
- Supporting independence
- Alcohol
- Emotional Wellbeing
- Social Wellbeing
- Preventing falls

For more information visit our website or search 'Health and wellbeing Northamptonshire County Council' in your browser.

## Information for carers

A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. Anyone can be a carer. Carers come from all walks of life, all cultures and can be of any age.

If you are a carer or know someone that is, it is important we know. We can offer the following services:

- Referral to Northamptonshire Carers for support and advice
- Priority flu vaccinations
- Advice for you and the person you care for
- Health Checks

We value the work carers do in our community and would welcome any comments or suggestions on how we can meet your needs.

## Changes to your repeat prescriptions – Contraception

Contraceptive medication has now been removed from repeat medication. This is to ensure that we prescribe safely for you. If you think that this change may affect you and you have not been contacted by the surgery please contact us.

### OUR ANNUAL MONITORING PROCESS FOR LONG TERM CONDITIONS IS CHANGING

You will be invited for your annual monitoring in your birthday month. To prevent your prescriptions being reduced to a 14 day supply you will need to attend for your monitoring within 10 weeks of being invited. Long term conditions include diabetes, heart/kidney disease, high blood pressure, stroke, dementia, rheumatoid arthritis and asthma/COPD. It is important that you attend for your annual monitoring. By taking responsibility for your medical condition you can help us to provide you with the best possible care.

Thank you for your cooperation