



This year's flu vaccination season has been a lot more difficult than previous years and we still have our second major Saturday flu clinic to go on 3rd November. We apologise for some patients having to wait so long for their vaccination, but this was due to circumstances beyond our control. Although we ordered accurately and well ahead of deadlines, our original delivery dates were forcibly changed. This affected the new vaccine for patients over age 65, meaning that our delivery was staggered over 3 months, rather than getting all vaccines as originally agreed in early September. This was very frustrating for us and affected patients, but we thank everyone who has understood and waited to have their vaccination with us rather than trying to get one elsewhere. The funding we receive from flu vaccinations is important as this helps support the financial viability of your surgery.

Winter Demand – Help us to help you!

As we head into winter, demand for our services usually increases substantially. We really do need all of our patients to consider whether they really need to see a doctor before calling and consider using other local services which might be more appropriate. Of course if you consider your problem urgent we are always here to help and our daily on call doctor triage system will ensure you are seen in a timely manner.

As well as some great websites below, you can also get professional medical advice from your local pharmacy, the walk in centre in Colchester and patients can call 111 at any time 24/7 for help and advice.

Please find below a list of ailments you can safely manage yourself:

<i>Back pain</i>	<i>Cold sores</i>	<i>Common cold</i>	<i>Influenza</i>
<i>Conjunctivitis</i>	<i>Constipation</i>	<i>Diarrhoea</i>	<i>Insect Bites</i>
<i>Period pain</i>	<i>Earache</i>	<i>Haemorrhoids</i>	<i>Migraine</i>
<i>Hay fever</i>	<i>Head lice</i>	<i>Headache</i>	<i>Nappy Rash</i>
<i>Sore Throat</i>	<i>Nasal Congestion</i>	<i>Sinusitis</i>	<i>Sprains/ Strains</i>

There are other conditions that can be managed at home if they are not related to any other underlying conditions, for example: cough that doesn't last for more than three weeks, Heartburn & indigestion unless symptoms persist.

There is plenty of help on the internet, so why not try the following websites:

www.nhs.uk

www.patient.co.uk

There is also an excellent leaflet for parents called "When Should I Worry"
giving guidance on coughs, colds, earache and sore throats which can be
downloaded at **www.whenshouldiworry.com**

**The Patient Participation Group will be holding its monthly meeting at 6.30pm on
Thursday 15th November at the Great Bentley Village Hall.**

Richard P Miller - Practice Manager