

## Annual Flu Programme

Are you 65 or older?

OR Are you under 65 and suffer from:

- respiratory disease
- heart disease
- kidney disease
- liver disease
- diabetes
- a weak immune system
- or have had a stroke?

If the answer to any of these questions is **YES**, then your doctor recommends that you are protected against influenza.

You CANNOT catch flu from the vaccine.

**We will shortly be commencing our annual Flu immunisation programme for 2014.**

Clinics will be held on:

Saturday 27th September

Saturday 11th October

Saturday 18th October

If you received a flu vaccine from us last year, we will be writing to you with an invitation to one of the above clinic dates. More dates will be added later.

**Please do not contact the surgery regarding flu appointments** (unless it's to change an appointment) as this increases call waiting times for patients that need urgent assistance.

This year we will also be introducing pneumonia vaccines to eligible patients under 65 (over 65s already receive these). Eligible patients will be invited for these at a later date. People **over 65** only need a single pneumococcal vaccination which will protect for life. It is not given annually like the flu jab.

Demand for these clinics are traditionally high, please try to avoid using the surgery car park, so that spaces can be used by our disabled patients.

## University 'Freshers'

A temporary meningitis C vaccination programme is being introduced for University 'freshers', to protect students attending university for the first time.

Students are at increased risk of contracting Meningitis C as the disease can spread quickly where people live close to each other, e.g. in university halls of residence or shared accommodation.

**Eligible patients are those who are:**

- Attending university/further education for the **first time**
- Aged from 17 to 25 inclusive at any time during the period 1st April 2014 to 31st March 2015; and
- Have not previously had any MenC vaccinations since the age of ten.



## Healthy Start Vouchers

**Pregnant or have children under the age of four?**

You could qualify for free vouchers if you're on benefits, or if you're pregnant and under 18.

With Healthy Start, free vouchers are given to you to spend on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins.

Just fill in a form and ensure your health visitor or midwife signs it and then send back to the address on the form. Vouchers will then be sent directly to you. You can exchange your vouchers for vitamins at the Marlowes Health Centre and all other items at outlets listed on the website.

For more information, please go to [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) or call **0845 607 6823**



## Self Care Questionnaires

Herts Valley Clinical Commissioning Group (HVCCG) are seeking the views from patients who are being treated for any of the following conditions; high blood pressure, coronary heart disease, diabetes or chronic lung disease, in order to improve services and care.

Questionnaires are anonymous. If you receive a questionnaire from us, please spare a minute to complete it and either hand in at reception, or post back to the surgery at your convenience.

Thank you



## Pregnant? FREE Flu & Whooping Cough Vaccines



It's recommended that all pregnant women have the flu vaccine, whatever stage of pregnancy they're at.

The flu vaccine is normally available from the end of September until around January or February each year. It is free for all pregnant women. The vaccine doesn't contain any live viruses, so it can't cause flu.

For the time being, it's recommended, pregnant women should get vaccinated against whooping cough when they are 28-38 weeks pregnant to protect their baby.

This is a new recommendation, following a sharp rise in whooping cough cases in new born babies in the UK.

Please go to [www.nhs.uk/](http://www.nhs.uk/) to read more about vaccines in pregnancy.

## Travel Clinics



Our travel clinics provide travel advice following a risk assessment to ensure you stay healthy while abroad, as well as all travel vaccinations.

We can offer Yellow Fever vaccinations and we offer up to date information on malaria and other contractible disease prevention. Please make an appointment with our clinic at least eight weeks before your travel date.

A charge is made for some travel vaccinations, please ask at reception for details.

If you are unable to get an appointment with us at a time or date that suits you, the following locations also offer a fully comprehensive travel clinic:

Nash Chemist, Chaulden— Tel: 01442 240431  
Masta Clinic, Bennetts End Surgery— Tel: 0330 100 4193

## Long Term Conditions—Annual Checks



If you have a long term condition, you can make an appointment for an annual check on the month of your birth date, you do not have to wait for an invitation letter from the surgery. We will send you a reminder if we don't hear from you.

## Chaperones

During your care, a clinician may need to examine you. Occasionally this can include an examination of intimate areas or just a blood test. We understand that this can be stressful or even embarrassing.

It is your right to have a chaperone present with you during the examination/procedure. This can be somebody that you have brought along with you, or you may have a member of staff present, who has undergone specific training to be a chaperone.

Patients who have communication difficulties or do not speak, read or write English may also request interpreters, but advance notice is needed of this.

## Named GPs for over 75s

From April 2014, all patients aged 75 and over will have a named GP who will have overall responsibility for the care and support that the surgery provides to them.

### What does this mean for our patients aged 75 and over?

If you are one of our patients in this age group, you will be given a named GP and we will inform you either verbally or in writing to confirm who this is.

### **You do not need to do anything.**

Your named GP will have overall responsibility for the care and support that we provide you. They will also work with other relevant health and care professionals, who are involved in your care, to ensure that your care meets your individual needs.

### **You may still continue to see any member of our clinical team, as you currently do.**

If you have any questions, or wish to discuss this further with us, please contact us on 01442 213919 or ask at reception .



**Dr Bhamra**

Dr Bhamra has sent a message of thanks to all his patients that wished him well and sent retirement cards and gifts. He was truly overwhelmed and appreciative of all your kind gestures and has been keeping very busy during his retirement!

## In Focus...Marie Pearce, Midwife

**Marie Pearce retired on the 14th August, after almost 40 years service to the NHS.**

Marie arrived from her native Canada (no, she's not Irish as some people think!) in 1971 to work at the Whittington Hospital, North London as a nurse.

Harold Wilson was Prime Minister and Queen's Bohemian Rhapsody was the Christmas no.1 when Marie later qualified as a midwife in 1971.

Marie spent time working at the former St Pauls hospital (with recently retired Dr Bhamra) and the 'new' Hemel Hempstead hospital, before joining Fernville Surgery in 1994.



Dedicated Marie, who was once a runner up for 'midwife of the year' estimates that she has delivered 5000+ babies over her career and has looked after two generations of mothers during their pregnancies and labours. Marie has particularly enjoyed caring for mothers in subsequent pregnancies, meeting different types of families, supporting women all the way through their pregnancy and the icing on the cake; delivering a baby!

Straight-talking Marie, who has two sons of her own, cites the phrase 'haven't you 'dropped yet?'' as one of the worst, along with the habit of telephoning an overdue mum-to-be to see if they have given birth yet!

Some of the biggest changes Marie has seen over her long career, is an immense increase in paperwork, which naturally results in less time spent with mothers. In addition, birth rates are increasing each year whilst there is a national shortage of midwives.

Retirement plans include; forthcoming surgery for a 'new' knee and travelling. Later, Marie hopes to train as a Doula (a woman who gives support to another woman during pregnancy, labour and after the birth) so she can go back to what she enjoys doing the most.

On behalf of Fernville and the thousands of families that Marie has cared for over the years, we wish her a happy, healthy and fulfilling retirement.



Marie had the privilege of delivering her last baby at home on the 7th August, a little boy called Elliott. His parents Haley and Jim welcomed the final edition to their lovely family.



### Staff News

Catherine Holt-Thomas will be taking over from midwife, Marie Pearce from the 18th August. Catherine has already spent time working alongside Marie, getting to know the surgery and patients.

Dr Pooja Gupta joins us as a new female GP and Dr. Duke Gordon is our new male Registrar, who is with us for the next four months. (Registrars are fully trained doctors who are undergoing further education to qualify as a GP)

As a leading training medical Practice, two pairs of first year medical students from Cambridge, will join us for 4 weeks each, later in the year.

We also say goodbye to Veronica Moore, Health Care Assistant and wish her the best of luck for the future.





## Ebola threat to UK low

Health news has been dominated recently by the outbreak of the Ebola virus in West Africa. Ebola is a virus that is spread through blood and bodily fluids, with a mortality rate of 90%.

The virus is **not** airborne, so there is no credible risk of a swine flu-like global pandemic. You cannot catch Ebola by travelling on a plane with someone who is infected, unless you come into very close physical contact with them.

People who have returned from affected areas (currently Sierra Leone, Liberia, Guinea & Nigeria) who have a sudden onset of symptoms such as fever, headache, sore throat and general malaise [sense of feeling unwell] within three weeks of their return should **dial 111** for more advice.

At the time of writing, the risk to the UK is thought to be very low and there have been no reported cases. Health Professionals and border controls are to remain vigilant. For more updates and information go to:

[www.gov.uk/government/news/ebola-government-response](http://www.gov.uk/government/news/ebola-government-response)

## Our Usual Opening Hours

Monday	8am-6.30pm
Tuesday	8am-8pm
Wednesday	8am-6.30pm
Thursday	8am-8pm
Friday	8am-6.30pm
Saturday	8am-12noon*

\*For booked routine appointments only

Tel: 01442 213919  
 Fax: 01442 216433  
[www.fernillesurgery.org](http://www.fernillesurgery.org)

## Out of hours telephone numbers

The only three numbers you may need for medical treatment or advice are :

**213919** – during normal opening hours.

**111** – for non life threatening urgent care or advice that will not wait until the practice opens.

**999** – for life threatening emergencies.



## Text reminders

We have started to use SMS texting to contact patients with appointment reminders.

Please ensure we have your correct details.

## Health Visitors & Community Nurses

Please be advised that the Community Nurses and Health Visiting Team are now based in Apsley and not Fernville.

**A referral from a GP is still required if you need a District Nurse to visit you.**

To contact the District Nursing Team, telephone 01442 453700.

To speak to a Health Visitor or arrange a visit, please telephone 01442 454655.

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## Waiting room WORDSEARCH:

RETIREMENT	MIDWIFE
FRESHERS	CHAPERONE
QUESTIONNAIRE	TRAVEL
INFLUENZA	VOUCHERS
TEXT	HEALTHY

## Doctor, Doctor.....

**Patient** – Doctor Doctor, I keep painting myself gold!  
**Doctor**—Mmmm, sounds like a gilt complex..

