



Spread the warmth

Some weather reports are already forecasting one of the coldest and snowiest winters for 100 years. It is estimated by Age UK that some 200 people a day could die from the cold this winter. As we get older our bodies respond differently to the cold, increasing the likelihood of a heart attack, stroke, pneumonia, and breathing difficulties. Cold weather also makes it more difficult for people to get around – which can lead to depression, loneliness, and isolation. If you have an older neighbour, friend or relative, please check on them this winter.



Top tips to cope;

- Check what financial help is available to help with fuel costs
- Don't sit for more than hour without moving. Armchair exercises keep you warm.
- Wear lots of layers
- Keep your heating on low all day rather than allowing your home to get cold.
- Have lots of hot drinks and at least one hot meal per day.
- Arrange for your local pharmacy to deliver your regular medications.
- Ensure you receive your annual flu vaccination.

Age UK offer a range of free services, such as fitting draft excluders, distributing warm clothes, heaters and electric blankets. Help with shopping and befriending services, such as Christmas parties, to combat loneliness.

For more information contact Age UK Dacorum on **01442 259049** or visit <https://www.ageuk.org.uk/> or <https://www.gov.uk/>.

You can also help 'spread the warmth' this winter by making make a small donation to Age UK via their website.

Government Changes to Funding

Behind the scenes, significant structural changes to the NHS have been taking place. Previously, NHS Primary Care Trusts (PCTs) were responsible for spending 80% of the total NHS budget, including funding for GPs, prescriptions and hospital services. In April 2013 the government abolished PCT'S with a new GP-led group called Clinical Commissioning Groups. Herts Valley Clinical Commissioning Group (HVCCG) covers the geographical areas of Dacorum, Hertsmere, St Albans, Three Rivers and Watford. HVCCG is run by members of the community including local GPs and health professionals, who are able to identify the needs of the local community rather than at government level. One of our own GPs, Dr Hodge, represents Dacorum GPs on the HVCCG board.

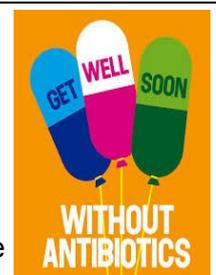


HVCCG holds a budget of £640 million, to be spent on services on behalf of almost 600,000 people registered with a GP in Herts Valley areas. Services include hospitals, mental health and learning disability services, continuing healthcare, district nursing, health visiting, GP prescriptions and ambulance services. One of the key objectives of the HVCCG is to deliver more care to people outside of hospital, closer to where they live and within their own homes. If you would like to become involved in the way your local health service operates or learn more about your local NHS go to www.hertsvalleyscc.nhs

Get Well Soon... Without antibiotics

Antibiotics don't work for colds, most coughs and sore throats. Common colds and coughs are caused by viruses and antibiotics are only effective against bacterial infections.

Even mild bacterial infections may get better without antibiotics. Taking antibiotics when you don't really need to will allow bacteria to develop a resistance to the antibiotic, causing problems when you really do need it.



Flu for Children

Vaccine News

From September 1st 2013, a new **nasal spray flu vaccine will be offered annually to all children aged two and three years as part of the [NHS childhood vaccination programme](#).**

It will also be offered to children aged 2-18 with long-term health conditions like diabetes, heart disease and lung disease.

Children aged six months to 2 years with long-term health conditions are not able to have the nasal spray and will get the injected flu vaccine instead.

Flu for Adults

If you have received an invitation (or if you normally have the flu jab) and have not had the immunisation this year, please contact the surgery to book an appointment.

If you have been invited but do not wish to be immunised, it would be very helpful if you could let us know. Please send an e-mail to Contact.Fernville@nhs.net with your full name and date of birth, declining the invitation.

Are you still undecided if you wish to receive the vaccine? Here are some common myths surrounding the flu jab.....



Myth #1 The Flu vaccine can give you flu

You can't catch flu from the flu vaccine as it contains killed (inactivated) viruses.

Myth #2 Side effects of the vaccine are worse than flu

Side effects are usually mild or resolve within a few days. The most common local reactions are redness, swelling, and muscle pain. Other common symptoms can include, headaches, sweating, fever, shivering and fatigue.

Myth# 3 People don't need to get vaccinated every year

Protection against flu is normally for 6 to 12 months, and new strains of the illness evolve each year.

Myth # 4 Flu is just a bad cold

Although it can cause severe cold-like symptoms. Flu can be far more serious and potentially life threatening. Even in young and healthy patients, it can take 2 or more weeks to recover from.

Myth #5 The flu vaccine provides immediate protection

The body normally takes between 2-3 weeks to build up immunity, so you can still become infected and become sick.

Myth #6 The flu jab can't be given to pregnant women

It is recommended that **all** pregnant women receive the flu vaccination, to protect them and their unborn child.

Myth # 7 Antibiotics can cure flu

Antibiotics, like penicillin, are designed to kill bacteria and do not work against the viruses that cause flu.

Myth # 8 If you haven't been vaccinated by November its, too late

Most cases in the UK tend to occur during an 8-10 week period mid winter, so a late vaccination is far better than no vaccination at all.

New Shingles Vaccine

A vaccine to prevent shingles, a common, painful skin disease is now available on the NHS to people aged 70 **or** 79. Shingles begins with a burning sensation in the skin, followed by a rash of very painful fluid-filled blisters that can then burst and turn into sores before healing.

You can not "catch" shingles – it comes on when there's a reawakening of chickenpox virus that's already in your body. The virus can be reactivated because of advancing age, medication, illness or stress. Unlike the flu jab, you'll only need to have the vaccination once. There is currently a national shortage of the vaccine, so if you received an invitation and not yet had your injection, please contact the surgery. For more information go to : <http://www.nhs.uk/Conditions/vaccinations/Pages/shingles-vaccination.aspx>



In Focus.....Divyang Patel (Pharmacist) Rowlands Pharmacy

Divyang Patel is a pharmacist at Rowlands Pharmacy, located on our premises. Here he tells us more about himself and his role within medicine.

I developed an interest and fascination with pharmacy as a young boy, after watching my Uncle (a pharmacist) make up various concoctions and deciphering prescriptions that looked like a mass of jumbled letters. At school I enjoyed studying chemistry, maths and biology and I became intrigued how medicines were made, where the ingredients came from and how they targeted specific parts of the body. I wanted to know more about medicines and their effects and help people with their ailments and teach them how to lead a healthier life; pharmacy fitted the role perfectly. I embarked on a five year degree, which not only included dispensing and handing out medicines, but also an in-depth knowledge of the mechanics of medicines and their uses and effects.

I believe we are a vital lynchpin of the NHS, providing advice and services to all other health professionals, doctors, nurses, dentists, consultants, vets, and chiropodists to name but a few. Although independent, we enjoy a close working relationship with Fernville Surgery next door and together, we endeavour to put your welfare first.

It's our job to ensure that patients are given medicines that are safe for them, the correct dose and that do not interact detrimentally with other medication on prescription or purchased separately and are not contra-indicated with any existing conditions they may have.

All our pharmacy staff are trained to the highest standards. They undergo continuous professional training and development and must adhere to and maintain the highest standards.

As a community pharmacist, I also get the opportunity to build up strong relationships with my customers. We are also able to offer a delivery service to some groups of patients (please ask for more information).

You can also arrange for your regular medicines to be ordered and collected straight from Rowlands, reducing the need to go into the surgery next door.

We hope to cut down the need for patients to have unnecessary appointments with GPs for minor ailments, therefore allowing clinicians to concentrate on more serious cases (if we can't help you with your ailment, we will signpost you to the right person or place) Pharmacists are, in essence, experts on medicines!

We offer a vast range of services with no appointment necessary and an immediate, convenient, accessible point of contact. We offer advice on the following:

Minor Ailments / Weight Management / Healthy Living / Smoking cessation advice / Emergency Contraception / Chlamydia Screening / Blood Pressure / Monitored Dosage Systems



Are you aged between 15 and 24?

Did you know that 1 in 12 sexually active young people, under the age of 25 are currently infected with Chlamydia? Chlamydia is invisible, easily spread and can be serious if left untreated.

If you are aged between 15 and 24 and would like a free test in confidence, please ask at reception for a 'young persons testing kit' or mention it to your GP or nurse at your next visit. The test can even be carried out in the privacy of your own home, using a urine kit or taking a swab yourself.

Young people should get tested yearly or at every change of sexual partner. Results take up to 2 weeks and can be texted to your mobile. For more information visit <http://www.freetest.me/>

Cholesterol Testing

Don't forget, if you are aged between 40-74 you may be entitled to a free NHS Health Check!

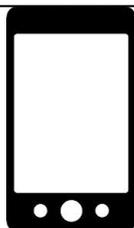
Please check eligibility and book at reception or go to www.healthcheck.nhs.uk/

New Year, New You –Time to Quit Smoking!

A third of smokers will attempt to quit smoking in the New Year. If you are thinking of giving up, why not make an appointment to have a chat with one of our stop smoking advisors? We offer free support and advice for up to 12 weeks. Please ask for more details.

Let us know

Please remember to inform us when you change your mobile telephone numbers. Mobiles are more commonly used as the main contact number, yet are frequently changed. If you, or any members of your family have recently changed your contact number, please contact reception to update your details.



Books for Charity

We currently have books for sale in the waiting area at 50p each, all proceeds go to local charities of your choice. Donations should be taken to reception where you can choose your preferred charity. If you have any books in good condition that you would like to donate, please hand them in at reception. Thank you for your support.

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.fernvilleurgery.org

Preparing for your Appointment

Please help us see you on time, by preparing for your appointment before you enter the consulting room. If it's likely you or your child will need an examination, please remove outer clothing such as coats, gloves and jumpers. The waiting room is heated for this reason. Babies and children should also be taken out of prams, pushchairs and car seats beforehand. Clinicians only have a limited time with each patient; preparing in advance may enable your clinician to spend longer dealing with your medical issue. Thank you for your co-operation.



Our Peak Times

If you need to contact the surgery and your problem is not urgent, please can we urge you to avoid calling between the peak times of 8am-11am. Patients in need of an urgent appointments are encountering long delays both on the phone and at reception. Patients enquiring about prescriptions, paperwork or test results, should contact the surgery after 11am whenever possible.

Goodbye...to Bekki Tunstall, Susan Brittain and also Practice Nurses Katie and Sara.

Hel-lo....We welcome back Dr Anna Whiteford from maternity leave in the New Year. Jane Ringsell joins our reception team and Joy Laude joins our nursing team in January.

Christmas Opening Hours



Christmas Eve	- 8am-6.30pm
Christmas Day	- Closed
Boxing Day	- Closed
Sat 28th Dec	- 8am-12noon
New Year Eve	- 8am-6.30pm
New Years Day	- Closed

If you need assistance outside of these hours, please call 111 or in an emergency, 999.

P G Y T I R A H C F
 H H E O W T R H H I
 I V A A K A L X R L
 G C A R H A R U I K
 R C F C M Q H M S A
 O G Q Y C A Q I T X
 G A D U A I C N M H
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Waiting room WORDSEARCH:

CHRISTMAS	ELF
SHINGLES	VACCINE
HVCCG	CHARITY
CHLAMYDIA	ANTIBIOTICS
PHARMACIST	WARMTH

Doctor Doctor.....

Why did Santa's helper see the doctor?

Because he had a low "elf" esteem!

a bell

