**Brookside Surgery**

[www.brooksidesurgery.co.uk](http://www.brooksidesurgery.co.uk)

**FLU VACCINATIONS**

New guidelines on vaccinations this year means that flu vaccinations will now start in October to ensure maximum protection from the vaccine when flu cases are at a peak. Our flu vaccine clinics will therefore be held on:-

**THURSDAY 3rd OCTOBER 1.00 – 3.00 pm**

**SATURDAY 12th OCTOBER 9.00 am – 2.30 pm**

**SATURDAY 19th OCTOBER 9.00 am – 2.30 pm**

Could we ask that you walk to the Surgery where possible to avoid congestion in the car park and along Brookside. As always please DO NOT attend the surgery if you have any symptoms of COVID.

We hope to be able to give the Covid boosters to eligible patients at these clinics but this will be dependent on supplies from central stocks.

**Children aged 2 - 3 years**

As in previous years, children aged 2 and 3 as of 31st August 2024 (born between1st September 2020 and 31st August 2022) will be eligible for a nasal flu vaccine. Appointments for this age group are now available.

**RESPIRATORY SYNCYTIAL (RSV) VACCINE**

We have begun to call eligible patients for their RSV vaccine. We are sending out invitation in batches, starting with the oldest patients first. Unfortunately, this vaccine cannot be given at the same time as the flu vaccine so a separate appointment will be required. For more information go to [www.nhs.uk/conditions/respiratory-syncytial-virus-rsv](http://www.nhs.uk/conditions/respiratory-syncytial-virus-rsv)

**ORDERING REPEAT MEDICATION**

From 1st October patients will not be able to order repeat medication by telephone. This change has been made to increase safety and avoid errors in communication, especially around drug names and brings Brookside Surgery in line with the majority of General Practices, who do not take medication requests by phone.

Patients can order your repeat medication by:-

* NHS App or Patient Access online account
* Paper request using the repeat slip given out with your medication – **there is a new box just inside reception so no need to wait if there is a queue for dispensary**
* Submit an online request via our website

If you have any medication queries then you should call and speak to our Care Navigators who will arrange for a Dispenser to contact you or you can submit an online request.

Our dispensary staff will be continuing to help patients with this transition during October and if you have any concerns then please speak to one of them.

**STOP SMOKING FOR STOPTOBER**

Stoptober is back, calling on smokers in England to join the 2.5 million others who have made a quit attempt with the campaign previously. Over 5 million adults in England still smoke. Smoking causes 64,000 deaths a year, making it the biggest cause of preventable illness and death. Quitting smoking is one of the best things you can do for your health. That’s why this year’s Stoptober campaign is encouraging smokers to join the thousands of others who are committing to quitting for the month of October – quit smoking for 28 days and you’re five times more likely to quit for good. When you stop smoking good things start to happen – quitting will allow you to start moving better, breathe more easily and give you more money to spend. Stoptober offers a range of free quitting tools including the NHS Quit Smoking app, daily email support, Facebook support group, information about quitting smoking with a vape and expert support from local stop smoking services. Simply search ‘Stoptober’ for more information or visit the Better Health Quit Smoking Website. Sign up at www.nhs.uk/better-health/quit-smoking/

**PRACTICE LEARNING EVENT**

We will be closed for all staff training on Wednesday 9th October from 2.00 – 5.00 pm.