

Quote of the Month: "Good health is normal; until proven otherwise" Peggy Vincent



Those Crazy Days of Summer!



It may be the end of meteorological summer, but hopefully the last of the summer rays will still bring some sunshine and make those autumn leaves wait a bit longer! But the seasons changing, and it's time to think about your **flu jab** in preparation for winter. So the flu and the **carers' coffee morning** are the key subjects this month.



Carers' Coffee Morning

People who are carers are doing a fantastic job for the people for whom they have a responsibility – so the Maltings is holding a coffee morning to support them.

To coincide with the flu clinic on **SEP 30** there will be a coffee morning and **all carers have been invited. Do come along if you're a carer – you're very welcome.**



You can now book **children's appointments** online; for details, ask at Reception or visit the website.



On **OCT 11** there will be an afternoon and evening **cardiac education presentation for patients** that the surgery feel are most at risk from cardiac disease - patients will be invited to this event

NEXT MEETING

Come to our next PPG Meeting

The next PPG Meeting is on **WED SEP 6** at the Surgery; it's from 7:00 pm until 8:30 pm. All Maltings Surgery Patients are

Feature of the Month



The Surgery and the PPG encourage all eligible patients to get their flu vaccination at the Surgery this year; it's far better than using an alternative provider, as the Surgery needs to maintain our health records.

Your flu vaccination has already been ordered for you, and you can book appointments online (with patient access) or through the surgery. Flu clinics will be on the four consecutive Saturday mornings starting **SEP 23**; in addition, your flu vaccination can be given at any appointment you have at the surgery during the flu season. Having your flu vaccination at the Maltings means the surgery has an accurate record of your vaccination and health information, can offer clinical support if required, and can continue to provide this service in the future.

You are eligible for a flu vaccination by injection if you are in one of the following categories:

- Adults over 65
- Other adults with an underlying health condition particularly long term heart or respiratory disease, diabetes, immunosuppressed.
- Children (6 months to 2 year)
- Pregnant women
- Carers
- Patients living in a care home
- Patients with a learning disability

In addition, you are eligible for a flu vaccination by nasal spray if you are in one of the following categories

- All children aged 2 or 3 years old
- Children aged 9-18 years with an underlying health condition particularly long term heart or respiratory disease, diabetes, immunosuppressed, or learning disability. Children aged 4,5,6,7, or 8 will be vaccinated at school.