

As the autumn leaves fall, we're delighted to bring you the latest news, views and developments at SurreyGP. It's been a busy time, upgrading our website, making new staff feel comfortable and as always, taking care of our patients. Thank you very much for your positive feedback about our first newsletter back in May. We hope you enjoy this one!

Seasonal shots!

Everyone worries about flu and pneumonia at this time of year. You don't need to! We can help you stay fit for Christmas (the countdown has started...) and your winter holidays. Beat the queue (and the flu!) with vaccinations starting in late September.

If you are pregnant, make sure you receive your flu vaccine as soon as possible. Pneumonia vaccination is available all year round but just let us know if you'd like to have it when you come along for your flu jab. Remember that the pneumonia vaccine is a one shot dose for life, but you'll need to top up the flu vaccine every year.

Your little ones don't need to worry about a needle - we offer a flu nose spray from the age of 2 and we can protect babies from 6 months with an injection too.

The NHS has traditionally offered the pneumonia vaccination to those aged 70 but we are pleased to provide this service to everybody on request - even children. If you suffer with ongoing chest, heart or diabetic problems, it's really important to have this vaccine.

Every winter our flu clinics are extremely popular so we will again be running clinics on some Saturdays and Sundays throughout October - ring and reserve will be in operation due to limited stocks of the vaccines. We can of course administer the vaccines during a routine appointment so please let us know if you'd like to take advantage of this.

Attention all University students!

Please book in for your ACWY meningitis vaccine ASAP. The Department of Health is recommending vaccination because Meningitis W is becoming more common. The ACWY vaccine protects against four different causes of meningitis and septicaemia - meningococcal (Men) A, C, W and Y diseases. Students in their first year at university are nearly FOUR times more likely to catch meningococcal disease than the general public so please don't take any chances.

Appointments always available

Call **01483 230481** or book online **WWW.SURREYGP.COM**



Ask Dr Lewis

Are you a technophile or technophobe?

Love it or hate it, technology plays an important part in ensuring that our business is run as efficiently as possible - that's why we're paperless, have switched to an efficient electronic dictaphone system and are committed to offering patients seamless online booking. I love my MacBook Pro but it will never replace good old-fashioned, people-facing customer service!

Why have you changed your website?

We have been working on our new website for the last six months - it feels like a long time! Simply put, we wanted to give it a cleaner, fresher look and make it easier for people to get the information they need, quickly and intuitively - we'd love to know what you think so we will be sending out a special e-alert when it goes live!

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Did you know we offer BCG vaccination to protect against tuberculosis (TB)?



The vaccine is suitable from birth. Anybody over the age of six will require a Mantoux test prior to BCG vaccination - this test checks for prior exposure to TB.

It is a tiny injection into the forearm - you'll come back to see us 2 to 3 days later to have the test interpreted and we can carry out the BCG vaccination at that time if need be.

Do I need it?

If you are moving overseas to a high risk country (Africa, Asia, South America, Russia and China in particular) or your family are from an area where TB is prevalent then the Department of Health recommends having the BCG vaccination.

If you fit into any of the categories below, then you should also consider being vaccinated for added protection:

Those considering working in a medical setting, eg, work experience students in a UK hospital or overseas.

Also doctors, nurses, vets and laboratory staff and those returning to these professions after a career break.

Be aware that BCG vaccination may be a requirement for a work/travel visa.

In your words...

"Thanks so much for fitting me in. Dr Lewis was lovely and made the blood-taking very easy for me. She was very gentle and so much better than previous experiences. Fabulous service, good reception staff, overall, really really positive."

"First class service. Dr. Lewis put me at my ease, was warm & friendly & very non-intrusive. Very speedy blood test results. All in all excellent!"

"Thank you for providing an appointment at very short notice. We found the practice highly efficient, very professional and your communication with text and email confirmations was outstanding. A very impressive operation. Thank you!"

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Meet the team!

Danielle joined the team in April and is a quick learner, thank goodness!

Being Dutch she brings an efficient, international flavour to the office, and is full of great ideas. Danielle juggles answering the phones here with looking after her young family at home but misses the safe cycling in the Netherlands. She'd love to have Eddie Vedder to supper (an American musician, I had to ask too...!) and would treat him to Nasi, Sate and Gado-Gado, which I am assured is an exquisite Dutch speciality!!

Next Time: December

It's all about the spots! Find out why vaccinations for chickenpox and shingles are so important.

Five years have flown by! As a new year approaches, Louise looks back on her time with SurreyGP.

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