

Get Ready for Your Flu Vaccination

This year's flu vaccinations will be available from the Surgery from the last week in September. There are lots of appointments to choose from including before work, lunchtimes, afternoons and on the way home from school. We can also provide a vaccination if you are calling at the Surgery to drop off or collect your prescription.

Lots of patients are eligible for a vaccination including:

- Patients over 65
- The main carer of an older or disabled person
- Patients who have diabetes, kidney disease or liver disease
- Patients undergoing chemotherapy
- Patients who have a weak immune system
- Patients who have a heart problem, chest complaint or breathing difficulties such as COPD, bronchitis, emphysema or asthma
- Patients who suffer from neurological conditions such as multiple sclerosis or patients who have experienced a stroke
- Pregnant women at any stage of pregnancy
- Residents of long stay care homes
- Patients who are obese (BMI greater than 40)
- Children ages 2 & 3 years who can have a vaccination using a nasal spray.

Flu can sometimes lead to very severe illness. It is well worth protecting yourself and it only takes a few minutes. Please telephone the Surgery on 01756 799811 after 9.30am, Monday to Friday to arrange your appointment. Or why not book on-line www.dyneleyhousesurgery.co.uk?



August Bank Holiday Opening Times

The Practice will close at 18:00 on Friday 25 August and re-open on Tuesday 29 August at 08:00. Please note that we need 2 full working days to process your request for repeat medication.

Diabetes Peer Support Programme

Anyone who has been diagnosed with diabetes is welcome to attend these free events to access support and share experiences. The Group aims to provide information and increase understanding about living with diabetes to enable people with diabetes to enjoy healthy lives. Please contact the Practice for more information.

A poster from the NHS Public Health England. It features a smiling woman with short grey hair, wearing a blue top, holding a blue and white striped shawl. The text on the poster includes: 'Public Health England', 'NHS', 'Shingles vaccination', 'Who's eligible?', 'Aged 70 years? *', 'Plus anyone in their 70s who was born after 1 September 1942 and has not yet had the vaccine.', 'Aged 78 years?', 'Plus anyone aged 79 years old who has missed out on the vaccine.', 'Protect yourself from the pain of shingles - speak to your GP surgery about having your vaccine today!', and 'immunisation The safest way to protect children and adults'.

Public Health England

NHS

Shingles vaccination

Who's eligible?

Aged 70 years? *

Plus anyone in their 70s who was born after 1 September 1942 and has not yet had the vaccine.

Aged 78 years?

Plus anyone aged 79 years old who has missed out on the vaccine.

Protect yourself from the pain of shingles - speak to your GP surgery about having your vaccine today!

immunisation
The safest way to protect children and adults

Patient Participation Group — Patient Survey 2017

The Patient Participation Group (PPG) are currently putting together a patient survey for patients to complete during September. Please take the opportunity to complete the survey which will be available in the waiting rooms and via the Practice website. Patients' views are very important to us and help us to develop and improve services. Thank you for your help.

Staff Changes

We say goodbye to Suzanne Aspden and wish her well in her role. We welcome Dr Michael Ramsden and Jumera Khanum who joins our Reception Team from Monday 18 September.

Weekly Opportunities to Improve Your Health

Monday		
Walking for Health	Friendly walking group. Selection of short walks, suitable for all fitness levels. Meet every Monday, 1:45pm, Canal Basin, Coach Street	Group Leader Claire – 07850 185360
Tuesday		
Singing for Fun	A small supportive singing group for people with additional needs (i.e. Stroke, M.S, Parkinson's Disease and dementia). Meets alternate Tuesdays 2 - 3.30pm at Skipton Baptist Church, Otley Street, Skipton.	Group Leader: Sue 01756 796967
Just Sing	Learn how to sing in a choir. 2-3:30pm alternate Tuesdays, Skipton Baptist Church, Otley Street, Skipton. £2 per session	Group Leader Sue - 01756 796967
Community Allotments Group	Interested in growing vegetables, fruit or flowers? Come and visit our community allotment in Middletown! We get together to enjoy the outdoors, catch up, do a few jobs on the site and have a brew together. Tuesdays 9.30-12.00.	Group Leader Joel – 07710 167855
Wednesday		
Disability Swim Session	Full access to the pools. Support available to help get in and out of the water safely. Wednesdays 12:30-1:30pm, Craven Leisure Centre, Gargrave Road, Skipton. Transport Available.	SCAD – 01756 701005
SCOFF Cafe	A pop up cafe run by volunteers. Every Wednesday 12.30 to 2.30 pm, at Greatwood Community Centre. Two course meal £4.50.	Group Leader Karen – 01756 701386
Thursday		
Horton Community Café	Community cafe, with variety of activities & talks each week. 1 - 4pm St Andrews Church, Newmarket Street.	Horton Housing – 07584 015792
Friday		
Creative Art Sessions for People with Dementia	Art group for people living with dementia, led by experienced Art therapists and support workers from Pioneer Projects. 2 - 4pm, Dyneley Barn, Newmarket Street, Skipton.	Group Leader Philippa - 01752 62672
ARNI Stroke Rehabilitation Exercise Group	Exercise Class for people with neurological conditions (stroke/Parkinson's Disease, M.S) Every Friday 1:15-2:15pm at Craven Leisure Centre.	Booking Via: 01756 792805

On-Line Services

Patients at the Surgery can benefit from the online revolution now.

Did you know that you can book appointments with a GP/ nurse using your PC, laptop or smartphone or request a repeat prescription?

Users of the service can also read their own GP record and check the results of tests, before speaking to their GP if they want to.

The online service uses a page on the surgery's website:

www.dyneleyhousesurgery.co.uk

Antony Radley, Practice Manager said:

"Many of our patients tell us that they value the convenience of making an appointment at any time day or night, or requesting a repeat prescription without having to visit the Surgery". Please ask a member of the Practice Team for details.

Self-Care Week 2017



To mark this year's Self-Care week the Practice will be holding events as follows:-

Monday - an event for patients with Dementia, their families & carers

Tuesday - an event to help patients to stop smoking

Wednesday - an event on help to deal with minor injuries

Further information will be available shortly.