



# Seaton Surgery Newsletter

October 2015

## NEW PREMISES

As you may be aware, we are currently undergoing discussions with NHS England about the possibility of moving to new premises in Seaton Carew. We are rapidly outgrowing our current premises and would really like to be able to offer more services to you which we can only do with more space and extra clinical rooms. Plans have been submitted for approval and we will keep you informed of our progress. Hopefully we will hear some good news soon.



To sign up to the UK's biggest mass stop smoking event, search Stoptober online or visit [www.smokefree.nhs.uk/stoptober](http://www.smokefree.nhs.uk/stoptober)

## Flu Shingles and Pneumococcal Clinics

Our flu clinics are scheduled to take place from the end of September 2015. We have various clinic dates to choose from to hopefully suit everyone. If you are aged over 65 years of age by 31st March 2016; have a chronic disease; are pregnant or a carer for a friend or family member, please contact a member of our reception team now to make an appointment.



Please also ask if you are eligible for a Pneumonia or Shingles vaccine. Pneumonia vaccines are recommended for patients over 65 years of age and those with certain chronic diseases. Shingles vaccines are recommended for patients born between 2 September 1944 and 1 September 1946 with a roll out programme over the next few years to offer this important vaccine to all patients between 70 and 80.

## ON-LINE SERVICES:

Following changes to the GP contract, practices across the country are required to make more of a patients' medical record available to that patient online. Due to these changes the process for registering for online services has become more stringent. Each patient wishing to register for online services must present, in person, with photo ID (passport or UK driving license) and proof of address. Children under 13 years of age can be registered with their parents ID and the child's birth certificate. This registration will automatically cancel on the child reaching 16 years of age when the child must register in their own right.

## FRIENDS AND FAMILY TEST

Have you completed a questionnaire for us yet. Please take the time at your next visit to fill in one of our questionnaires asking simply whether you would recommend us to a friend or family member. We take notice of your comments and try our best to act on any

## Dementia

If someone you know is becoming increasingly forgetful, you should encourage them to see their GP to talk about the early signs of dementia. Dementia is a group of related symptoms that indicate problems with the brain.

One of the most common symptoms of dementia is memory loss.

There are other reasons someone might be experiencing memory loss. However, if dementia is detected early, in some cases its

progress can be slowed, and the person affected may maintain their mental function.

Please make an appointment to discuss this if you or a loved one are concerned.