

Park Road Medical Practice

November 2016 Newsletter

Flu Vaccinations

Make sure you're protected

People who are in high risk groups are:-

- All those aged 65 years and over
- People having chronic (long term) breathing problems e.g. chronic bronchitis, emphysema and fibrosis of the lung.
- People with asthma who use a steroid inhaler (usually brown, red, purple or orange inhalers).
- Those with heart, kidney or liver disease.
- Those with diabetes treated with medication, insulin or diet controlled.
- People who have a low immune system.
- Chronic neurological disease including stroke and Transient ischaemic attack (TIA)
- Chronic Liver disease including cirrhosis and chronic hepatitis.
- People who are pregnant

Book your appointment

NOW!!

Dying Matters

We are saddened to hear of the death of Dr Kate Granger. She was a great supporter of NCPC and Dying Matters and she spoke at a number of events. Dr Granger launched the #hellomynameis campaign. It's not always easy to talk about death or dying but when we don't talk about what matters it can increase feelings of isolation, loneliness and distress. You can see Dr Granger's story on You Tube www.youtube.com/watch?v=sixOI7FIhI8 or visit Dying Matters website for further information: www.dyingmatters.org

An NHS guide for parents and carers of children aged 0-5



Looking after your child's health

An NHS guide for parents and carers of children aged 0-5 years



With lots of useful hints and tips from experts in child health including hospital specialists, doctors, health visitors and pharmacists

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