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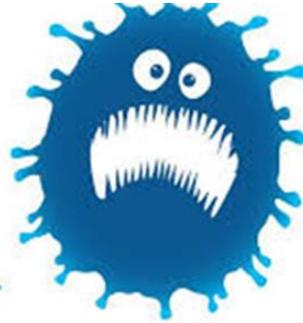
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**Flu
kills**

*Protect yourself, your family,
colleagues and patients
- be a flu fighter, get your flu jab.*

**This Issue:**

- Flu Season.
- Are you a carer?
- Recycle your inhalers.
- Friends & Family Test.

FLU JAB SEASON AGAIN!!

If you are a Carer, over 65, have a long-term illness or issues with your immunity then you should have/ be entitled to a flu jab.

“Last time I had a flu jab I got the Flu!”

This is not possible! The vaccine that is injected is not a LIVE vaccine. You should not have a Flu jab when you have a cold or fever as this will make you feel worse. It may take 10 to 14 days for your immunity to build up fully after you have had the flu shot.

However, it appears that most people who say they get flu following the jab have caught a virus and not had Influenza.

You may feel slight aches and pains LIKE the flu or a virus, but this just means the body is making anti-bodies to the latest Flu vaccine. This will mean that if you should be exposed to Influenza your body has the antibodies ready to fight it off.

Studies have shown that the flu jab will help prevent you getting the flu. It won't stop all flu viruses and the level of protection may vary, so it's not a 100% guarantee that you'll be flu-free, but if you do get flu after vaccination it's likely to be milder and shorter-lived than it would otherwise have been.

There is also evidence to suggest that the flu jab can reduce your risk of having a stroke.

CARER'S REGISTER

Carers UK - use this website for more information on money issues, fact sheets and guides and information on Carers Allowance. There is also an on-line forum.

The team believe that Carers need to be supported and therefore, if you consider yourself a "Carer", then please inform reception or the Doctor at your next appointment. A Carer can be described as,

"A Carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems."

The practice **Patient Group** would like to collect information about local support groups or events, but you may also find useful information at:

<https://carers.org/partner/carers-association-southern-staffordshire-cass> - Carers Trust - this covers south Staffordshire, unfortunately nothing in Rugeley. The most local would be Stafford -F2/F4 Tollgate Court, Tollgate Drive, Stafford. ST16 3HS

Tel **01785 222 365** e-mail www.carersinformation.org.uk

Sign up for the "We Care" magazine [Subscribe free of charge](#)

Carers Trust publishes "We Care" magazine twice a year to share stories of how our supporters are making a difference to Carers' lives across the UK.

Please advise the Receptionist, Doctor or Nurse that you are a Carer and they will add it to your record.

If you know of any Carers' Support Groups locally, for any conditions or situations then please share it with us. Again, tell reception or contact the Patient Group via e-mail. contactmyppg@gmail.com

Do you use an inhaler?

If so, did you know that they can now be recycled through your local Boots and Morrisons pharmacies? Please take them along when they are finished. Every little helps!

Friends and Family Test

Do you write a review when you go out for a meal or buy a product? Do you read the reviews others make?

If so, would you please complete a "Friends and Family Test" review after your appointment and leave it in the box by reception.