

Patients & Practice News

Aldersbrook Medical Centre NHS

How do I book an appointment?

Appointments can be booked via online, telephone or in person at the surgery. There is an appointment system in operation for the Doctors and Nurses. We provide on the day appointments and Telephone consultations every day.

Also you can submit online consultation 24/7 and we will respond within 72 hours.

Please call between 8am to 9am to book telephone appointments.

Stay safer and get vaccinated this Autumn.

Flu Vaccination Week at AMC
The Practice will begin a vaccination week commencing on the 25th September and we are hoping to have walk-in flu clinic on 30th Sep 2023 or 7th Oct 2023, (tbc once we receive physical stock)

The groups below will be eligible for a flu vaccine from September 2023:

- Those aged 65 years and over
- Those aged 6 months to under 65 years in clinical risk groups
- Pregnant women
- All children aged 2 or 3 years on 31 August 2023
- Primary school aged children (from Reception to Year 6) – in the school setting
- Those in long-stay residential care home
- Carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- Close contacts of immunocompromised health patients



The Practice held a winter wonderland event on 15th December 2022 and it was great success: more than 90 children and their parents attended the event and enjoyed Santa's grotto.

Coffee morning 'catch up' report

AMC invited all our patients for coffee catch up on 23rd March and provided up to date information about the practice, role of patient participation group and local services available for the patients. There was an opportunity to meet and greet people. More than 100 patients attended the event.



Coffee morning feedback from patients

"An open forum, friendly staff and guests, useful/helpful information and conversation. A first for me and all our friends not registered with this practice were both surprised and envious. Thank you so much."

Health & wellbeing day planned on 30th Sep 2023 or 7th Oct 2023 watch the space.

Seasonal COVID-19 vaccine

You may be able to get a seasonal COVID-19 vaccine in autumn 2023 if you're at increased risk of getting seriously ill from COVID-19. For example, this may be due to a health condition or your age.

How to get a seasonal COVID-19 vaccine

The NHS will contact you if your NHS record suggests you may be eligible. When available, there may be different ways you can get a COVID-19 seasonal vaccine by:

- booking online
- going to a walk-in COVID-19 vaccination site
- a local NHS service, such as a GP surgery
- through your care home

Aldersbrook Medical Centre's patient list continues to grow

as we continue to register new patients. If you or your friends and family would like to become part of AMC you can register online via our AMC website or fill in the form at the reception. We register patients the same day and offer an appointment with healthcare professionals soon after.

Progress for the bike rack

NHS Property Services has agreed to install bike rack at the front of the practice and they are in process of getting quotes according to their procurement requirements.

Successful completion of the new ramp with support from the Patients Participation Group, has seen an access ramp built at the AMC, which has been welcomed by many users.

We have improved the AMC front garden and the next session of the Gardening Club will be from 10 to 12 on Saturday 26th August.

You can join us on the Patients Participation Group to work with AMC to help improve patient services. Ask at Reception.

Have you been vaccinated for Shingles?

As you may know, from the recent TV campaign, shingles is of serious concern to anyone who has had chickenpox, particularly over the age of 50. From the 1st of September 2023, all newly eligible NHS patients will be offered 2 doses of the non-live shingles vaccine Shingrix instead of Zostavax and some eligibilities will change.

What that means to you?

If you are aged 70-79 you will still be able to get the shingles vaccines from this GP practice. You will be offered either one dose of Zostavax or two doses of Shingrix (6 to 12 months apart).

If you are 50 and over with a weakened immune system you will also be offered the Shingrix vaccine option at this GP practice.

Those turning 65 and 70 will be offered two doses of Shingrix as you become eligible by our GP practice.

Shingles is very debilitating and it is recommended that you get vaccinated to avoid its very unpleasant effects on your health. If you haven't been vaccinated and you are concerned, then consult the practice pharmacist or ask at the practice desk for information about how to proceed.

Online access to GP health records:

NHS England is giving people access to their GP health records via the NHS App and other GP online services. Better access enables patients to become partners in managing their health. This will help reduce queries to practices, such as those regarding negative test results and referral letters.

GP practices across the country have started to let their patients see new health record entries online as part of a phased rollout. This means that patients will be able to see notes and documents related to all face-to-face, telephone and video GP appointments occurring from the switch on date. They will also be able to see test results and letters from other health and care professionals that have been added to their health record. In some cases, such as positive test results, patients will not be able to see the information until it has been checked and filed, giving GPs the chance to contact and speak to patients first.

We all fear having a stroke. A major stroke is often preceded by a mini stroke (known as a Transient Ischaemic Attack or TIA). It is important that a TIA is not ignored.

These are the main symptoms:

Face – dropping on 1 side, not being able to smile, mouth or eye drooped; Arms – not being able to lift them; Speech – not being able to talk, slurring, problems understanding; Problems with seeing; Feeling sick; Difficulties swallowing; Dizziness; Confusion; Problems with balance.

Currently, people who are suspected of having a TIA can be seen by a specialist from *Monday to Friday* at North East London NHS acute hospitals – the Royal London, Homerton, Whipps Cross, Newham and Queen's (Romford).

The NEL TIA team is now launching a weekend service which they want to make sure meets the needs of local people.