

# Bilton medical centre

## Newsletter Autumn 2019

### It's flu time!

Autumn is the season to get your tissues out.

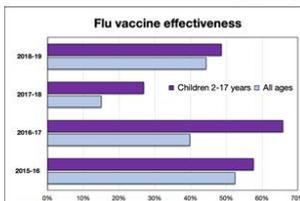
At Bilton Medical Centre we try our best to promote the importance of flu vaccines.

Children are more likely to catch flu due to their naïve immune system. So we need to protect them by immunising them.

#### Key vaccine facts

The flu vaccine for children is a nasal spray (sprayed into the nose), not an injection. The live attenuated influenza vaccine (LAIV) contains live forms of flu virus which have been weakened (attenuated). These stimulate the immune system but do not cause disease in healthy people

**30%** of school-aged children fall ill with flu during bad flu seasons



### Children Flu Jobs?



**Benefits:**  
 Immunizations can save your child's life. Vaccination is very safe and effective. Immunization protects future generations. Immunizations can save your family time and money.

- Ingredients:**  
 Influenza viruses  
 Formaldehyde  
 Aluminium Salts  
 Thimerosal  
 Chicken egg proteins  
 Gelatine  
 Antibiotics

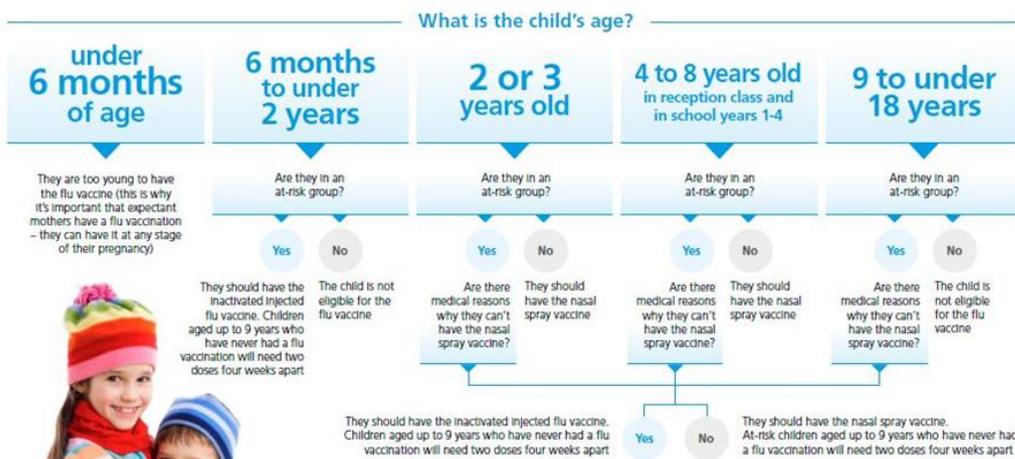


Love them, Protect them, Immunize them!

## Which flu vaccine should children have?



There are two types of flu vaccine available for children in 2017/18 – the 'live' nasal spray vaccine and the inactivated injected flu vaccine. This chart indicates which vaccine children should get.



- Notes:**
- Those aged two and three years old on 31 August 2017 (but not four years) are eligible for flu vaccination in general practice.
  - Children in reception class and school years 1, 2, 3 and 4 (those aged 4-8 on 31 August 2017) are eligible for flu vaccination in school.
  - At-risk children include those who have a long-term health conditions such as asthma, and other respiratory diseases, liver, kidney and neurological conditions including learning disabilities, even if well managed.
  - The nasal spray vaccine is a 'live' vaccine but the viruses in it have been weakened so they can not cause flu. It is not suitable for all children, including those who are severely asthmatic or immunocompromised, or are on salicylate therapy. Children with egg allergy can have the nasal vaccine. However, parents whose children have a history of severe egg allergy with anaphylaxis should seek specialist advice.
  - The vaccine will continue to be offered to all primary school-aged children in former pilot areas.

These two posters have been put up in both of our buildings to remind parents/carers to get their child immunised, also to increase awareness.

Our medical centre has been giving letters and SMS out to patients who are in need of the flu injection. We are now on track with Flu Protection for our Patients. At Risk – Don't Risk!!



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### Carers resource

What is Carers Resource?

Carers Resource is an organisation that provides help to the carers. A carer is someone of any age who provides unpaid support to family or friends who could not manage otherwise because of

frailty, illness or disability.

These registration cards can be found at our reception filled in and passed back to us. All confidential information is kept safe within the surgery. Please ask to speak to Tanver Khan the Carers Lead at the surgery.

**CARER REGISTRATION CARD**  
If you look after a partner, child, relative or friend due to their frailty, illness, disability, mental ill-health or substance misuse, please complete this card and hand it to your GP or surgery receptionist.  
Your GP wants to help **YOU** look after yourself as well as the person you care for.

Your name	Name of your GP surgery/name of your GP	
Your address	Your date of birth	Your phone or mobile number
What is the name of the person you look after? <small>is he/she registered at your surgery? Yes <input type="checkbox"/> No <input type="checkbox"/></small>		
Please sign here to agree to your details being given to the Carers' Resource and for them to contact you (see overleaf)		

**carers' resource**  
you care for them, we care for you

The Carers' Resource is a charitable company limited by guarantee. Registered charity No. 1048278. Company registered in England No. 3054273. Registered Office: 11 North Park Road, Harrogate HG1 5PQ.

Your surgery would like to support you in your caring role by putting you in touch with the Carers' Resource – an independent and confidential specialist service for unpaid carers. Whether you have been caring for someone for a long time, or have just become a carer, it is important to know what support is available for you.

**If you look after someone, please remember to:**

- ✓ Tell your GP that you are a carer
- ✓ Talk to your GP about your own health
- ✓ Ask if your GP has any leaflets which may help you in your caring role
- ✓ Sign this card to access specialist support from the Carers' Resource

If you prefer, you can contact the Carers' Resource direct on 01274 449660.  
Carers' Resource, Unit 15 Park View Court, St Paul's Road, Shipley, BD18 3DZ.

**CARER REGISTRATION CARD**

**For surgery use only**

I have you registered the carer? Yes  No   
Has the clinic given consent for Carers' Resource support? Yes  No   
Tick to indicate card sent to Carers' Resource? Yes  No

**carers' resource**  
you care for them, we care for you

**carers' resource**  
Information, advice and support for carers  
[www.carersresource.org](http://www.carersresource.org)

**you care for them, we care for you**

**Take a break**  
Opportunities to have time off and recharge batteries.

**Money matters**  
Help carers to make the most of their income.

**Know your rights**  
Provide information on carers' rights and entitlements.

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## **New service for patients!!!**

### **e-consults**

Next time you feel unwell or have a request for the practice, use e-consult online for free, 24/7.

**A tap and a click  
can save you a trip**

Fill out a simple online form to get advice and treatment from your GP.  
You don't need to wait for an appointment and you might not even need to come into the surgery.

**How it works:**

1. Visit your practice website
2. Click on the **eConsult** banner
3. Select self-help or consultation options

**NHS** **e consult**

As a team we have acknowledged the importance of e-consult and we have realised it's a must for our medical centre. We have started promoting this beneficial site by sending SMS out to all of our patients. This is the best way to get in touch as we can send a web link via text message and patients can open it hassle free.

**WEBLINK :** <https://biltonmedicalcentre.webgp.com/>

Click above to launch your first of many econsults.

## ***Bilton medical centre***

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## **Heaton St. Barnabas School, Bilton Gala!**

Bilton Medical Centre represented the Practice at an engagement event listed above. This event is the fourth year we have attended and the uptake has increased year on year.

### **Heaton Gala**

Heaton Gala is an annual event held on the grounds of Heaton St. Barnabas CE Primary School and at Heaton St. Barnabas Village Hall, usually towards the end of June. This annual event is a great opportunity for people in the Heaton area to come together and celebrate community life. There are a wide range of indoor and outdoor activities for people of all ages, as well as different kinds of foods available for purchase. Local groups and organisations put on displays and demonstrations and there are stalls selling various products to raise money for charity. You can hear live music and watch dance groups performing throughout the event. Many members of Bradford Family Church are supporters of the event, and some are part of the key organising group. For more information, email [admin@bradfordfamilychurch.org.uk](mailto:admin@bradfordfamilychurch.org.uk).

At Bradford Family Church we are committed to doing everything we can to enhance community life in this part of Bradford.



**This year's Heaton Gala was on Sat 6th July 2019 – thanks to all who helped and all who joined us for the definitive, diverse community experience**

This annual event is a great opportunity for people in the Heaton area to come together and celebrate community life. There are a wide range of indoor and outdoor activities for people of all ages, as well as different kinds of foods available for purchase. Local groups and organisations put on displays and demonstrations and there are stalls selling various products to raise money for charity. You can hear live music and watch dance groups performing throughout the event.

Sat 6th July 2019, 12-3pm

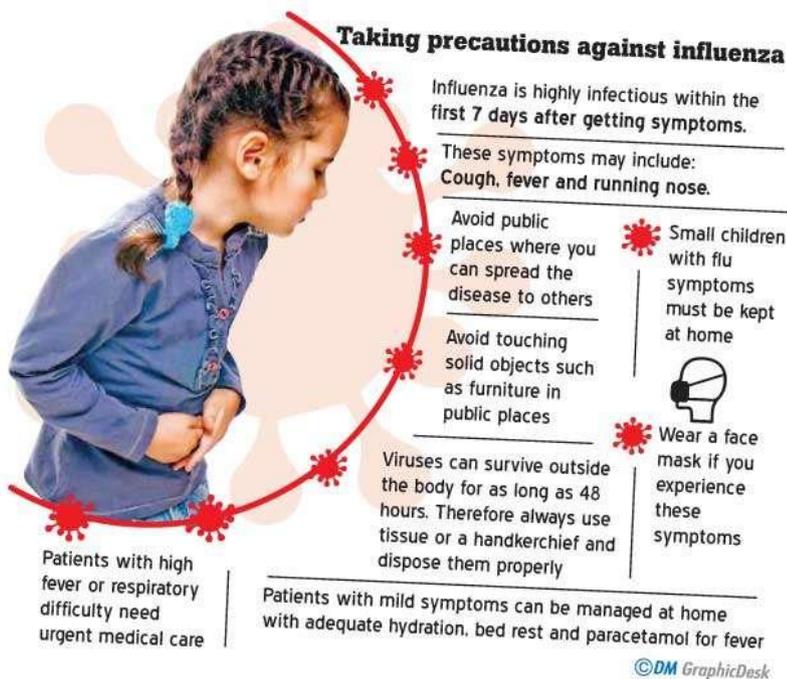
<http://bradfordfamilychurch.org.uk/wordpress/?p=2209>

We invited the Cancer research team as well as the Breast Screening team. The cancer research team was able to speak to the community around various different cancers and was there to raise awareness around Cervical and Bowel screening which were specific areas our Practice intends to focus upon.

We had literatures around Smoking, Diabetes, Health Eating, Influenza (Both Child and Adult), Our Practice was particularly targeting parents with young children and advising them on the importance of having a Nasal Influenza vaccination to protect their children. People that had raised blood sugars were also handed out Free Blood Pressure monitors.

To further educate the Diabetic patients we had a model foot that was affected severely with the diabetes condition and was necrotic, patients were keen to understand how Diabetes can have an impact on their eyes and feet as well as other organs. For the stop smoking/prevention campaign we had a tar stained model of some teeth which was as a result of heavy smoking.

**Heaton St. Barnabas School,  
Bilton Gala!**



Our stall was very busy and we tested lots of patients for Blood Pressure and Blood sugar and felt that overall the message about important health conditions was relayed effectively.

Our Practice Manager spoke to people from all walks of life and was really listening to what the community wanted and their needs to plan for future delivery of such events.

Parents requested us to attend Coffee mornings, School assemblies to speak to children about healthy eating.

**Evaluation**

To fully evaluate the event we can firmly say that this is something that the community look forward to and we plan to make bigger and better with the support of external services.

The School invites us every year and we are happy to continue participating and working with them to benefit the community.