

# NEWSLETTER

## Manor Street Surgery

AUTUMN

**We will be offering 3 vaccines this year.**

### 1. Adjuvanted Trivalent Flu Vaccine (FluAd)

This is licensed for people aged 65 years and over and is the vaccine recommended by the Joint Committee on Vaccination and Immunisations (JCVI) for this age group.

### 2. Quadrivalent Flu Vaccine (QIV)

This is recommended for children aged from 6 months to 2 years and in adults from 18 years to less than 65 years of age who are at increased risk from flu because of a long term health condition.

### 3. Live Attenuated Flu Vaccine (Fluenz)

This is a nasal spray and is licensed for children and young people from 2 years old to less than 18 years of age. The age groups targeted in England for this vaccine in 2018/19 are two and three year olds (through their GP surgery) School age children will be offered this at school. We will be starting to vaccinate people at the surgery on the following dates.

- 65 + Appointments can be booked from the 3rd of September and vaccinations will begin the week commencing 17th September
- All other eligible patients can book their appointments from the 17th of September and appointments will commence from the 1st of October

We would ask patients attend the surgery for their flu vaccination where possible instead of alternative providers so we can carry out a mini health check at the same time.

***Practice Manager, Paul Drinkwater***

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## Contact Details

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# Manor Street Surgery

## Berkhamsted Patients Group (BPG)



The second health and welfare event presented by the BPG was held on 18th August at the Civic Centre. About 50 Plus members of the public visited this event on the subject of Ischaemic Heart Disease.

Ros Ridout Chair of BPG welcomed the expert panel.

Dr R Walker a GP gave a summary of the main predisposing factors for I H D noting the roles of Heredity, Age, Gender, Hypertension, Obesity, Diabetes and Blood Lipids. He suggested that the most beneficial protective measures were to eat normal food [mainly vegetarian] regular exercise and if appropriate Statins. He warned against over reliance on numerical scores of factors to assess risk.

Martyn Scoffin a Paramedic described the process of how the Ambulance Service responded to 999 calls by directing the responders to the most appropriate centre depending on the patient's condition. He emphasised the critical importance of early and effective cardio pulmonary resuscitation [CPR] which should be more widely taught to young and old alike! He also discussed the availability of Defibrillators in public places and their limitations. There are four in Berkhamsted [Civic Centre, Bowls Club and two at Berkhamsted Schools].NB. see later.

Dr Hadjiloizou a Consultant Cardiologist gave an encouraging account of the level of advanced medical techniques available in our area. These include invasive interventions for opening up occluded coronary arteries by balloon angioplasty, clot “busting” drugs, coronary bypass surgery and techniques to correct rhythm abnormalities with cardiac Pacemakers.

Dell Stanford Head of the Cardiac Rehabilitation Team described the regime which can be offered to patients when recovering from cardiac illnesses. She emphasised that supervised graded exercise, dietary advice and psychological support were all equally important for optimum recovery. She then introduced Kate Parker, a patient recovering from extensive cardiac surgery, who spoke warmly of the benefits she had gained from the programme.

Following the presentations there was a question and answer session covering such topics as diet, availability of Defibrillators in Berkhamsted [It was reported that there are several more available than the Ambulance service were aware of] and personal experiences were shared both good and not so good.

Both before and after the formal sessions the audience were encouraged to visit stalls manned by volunteers from British Heart Foundation, Herts Health Walks, Ambulance Service, the Local Hospice, **Berkhamsted Patient Participation Groups** and Herts Valley CCG.

Ian Phillips chair of Manor St PPG gave a warm vote of thanks for a well planned, relevant and authoritative programme.

The next programme is planned for Spring 2019 and will address Dementia.

***The Manor Street PPG would like to thank Dr Clive Leyland for this article.***

# Manor Street Surgery



- Do you want to get involved in the design and delivery of local NHS services?
- Do you have good ideas that you feel would benefit other patients?

If you can answer **yes** to either of the above, the Manor Street Patient Participation Group (PPG) would like to invite you to join us as a **member**.

## What we do

- As patients we work in a collaborative relationship of mutual trust and respect with our GPs and the practice team to ensure that services provided are responsive to the patients needs.
- We meet approximately four times a year at the surgery for an hour and a half.
- Our meetings are supported by the practice manager and a G.P. on a rotational basis.
- We communicate with our patients via patient surveys, the Surgery Newsletter, and hold local health awareness events such as Diabetes and Heart disease.
- Time short! For those who wish to be a member but cannot always attend in person, we have a Virtual Group

**We need you** to bring your own skills, qualities, and suggestions to continue our work in supporting our practice in providing local services that benefit the needs of our patients.

***For more information, do contact our chairman  
Ian Phillips: [ip1@ashridgecommunications.com](mailto:ip1@ashridgecommunications.com)***