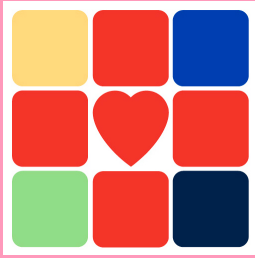
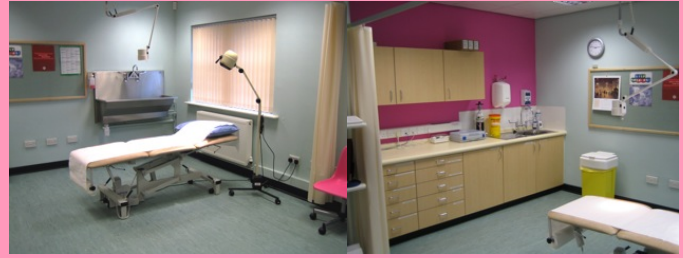


# Charnock Health Newsletter



Charnock Health  
White Lane  
Sheffield  
S12 3GH

0114 239 9202

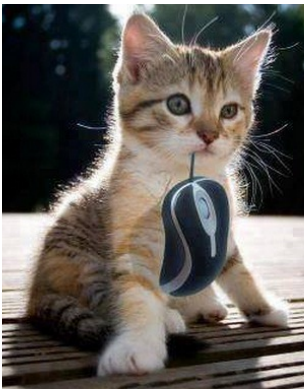


[www.charnockhealth.nhs.uk](http://www.charnockhealth.nhs.uk)

Autumn 02 2014

## Charnock Health Primary Care Centre

Welcome to our regular newsletter, now available online as well as in surgery.



### Too busy at work to come for your flu jab?

This year we are offering appointments for a flu jab on a **Saturday morning!**

Don't forget that all your injections are carried out under medical supervision by properly qualified staff who know you and your medical details, so our winter immunisation clinics can offer not only flu protection but also shingles and pneumonia protection if you need them...

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## Stay healthy this winter...

**As autumn arrives we are preparing as usual to protect our patients against seasonal flu and other infections. This year we are continuing our winter immunisations to include protection against pneumonia, shingles and will be extending our seasonal flu protection for younger children as well.**

### What is available this year from Charnock Health?

We are now providing a vaccine to protect older patients against shingles. Shingles is a nasty viral infection with a blistering skin rash that can cause lasting pain and debility. The vaccine will reduce the chances of developing shingles and its complications and is available even if you have already had shingles.

We are also offering flu protection in the form of a nose spray available to all children aged two, three and four years old. This will offer protection against seasonal flu and its complications, and is given without needing to use a needle.

### Who will qualify to have this protection?

Shingles protection will be offered to anyone who is aged 70, 78 or 79 years old this year. The programme is part of a national immunisation scheme and will continue next year with other ages between 70 and 79. This year you will only be offered the shingles vaccine if your date of birth is between 2<sup>nd</sup> September 1943 and 1<sup>st</sup> September 1944 or 2<sup>nd</sup> September 1934 and 1<sup>st</sup> September 1936.

Flu protection for healthy children aged two, three or four years old on 1<sup>st</sup> September 2014 will be available in the form of a nose spray. All children born between 2<sup>nd</sup> September 2009 and 1<sup>st</sup> September 2012 will be offered protection against flu this year. We regret that at present this vaccine is **not** currently available to well children aged five or older.

### Will we still get our usual flu and pneumonia jabs?

Yes you will. These new services are in addition to our usual winter immunisations for seasonal flu and pneumonia. Flu vaccine is available for everyone aged over 65 and over or those under 65 with long term health problems, pregnant women, carers and those in long-stay residential care homes. Pneumonia vaccination protects you against one of the germs that causes pneumonia and meningitis and is available to anyone over 65 years old.

### How can I make sure I get protected this winter?

We will send you an appointment to come to one of our winter immunisation clinics for all the injections you need. If you think we have missed you out or are not sure if you should be getting vaccinated please ask our reception staff to check for you.

## Important!

**If you are unable to keep your appointment for a flu jab please let us know as we can usually arrange it on another day for you**

## How can I find out more about all this?

If you need to know more about any of these vaccines and whether you or your family need to receive them please ask at reception or speak to one of the doctors or nurses. Remember that **only** your GP can offer you a complete winter immunisation service.

More information about these immunisations are available on our website - [www.charnockhealth.nhs.uk](http://www.charnockhealth.nhs.uk) and also on the NHS Choices Website - [www.nhs.uk](http://www.nhs.uk)

