



## NHS Vaccinations & when to have them

Vaccinations are important to protect ourselves and our children against ill-health. They prevent up to 3 million deaths worldwide every year.

Since vaccines were introduced in the UK, diseases like smallpox, polio and tetanus that used to kill or disable millions of people are either gone or very rarely seen.

Other diseases like measles and diphtheria have been reduced by up to 99.9%.

But if people stop having vaccines then it is possible that infectious diseases will spread again

Anti-vaccine stories are spread online through social media and may not be based on scientific evidence and could put you and your child at risk of serious illness. Therefore it is important to ensure that your child(ren) get all their child immunisations too.

You will normally be sent an appointment letter when you or your child is due for routine vaccination.

It's best to have vaccinations according to NHS vaccination schedule but it's never too late.

### Who? should have the flu vaccine?

- ❖ Adults 65 and over
- ❖ People with certain medical conditions (including children in at-risk groups from six months of age)
- ❖ Pregnant women
- ❖ Children aged two and three on 31 August 2019
- ❖ Children in primary school
- ❖ Frontline health and social care workers
- ❖ There are several types of flu vaccine and you will be offered the one that is most effective for you and your age group - talk to your GP, practice nurse or pharmacist for more information.

### Where to get the flu vaccine?

- Your GP surgery
- The local pharmacy offering the service
- Your midwife service if they offer it for pregnant women.
- The best time to have flu vaccine is in the autumn from the beginning of October to the end of November. If you have missed this date then it is still possible to have it later in the winter.

### Prescription Requests

Repeat prescription system follows both the national and Croydon NHS prescribing policies. If you take medication on a regular basis then you can request prescriptions online once you have registered for this service.

#### Prescription Requests can be via:

1. Mobile / On-line via the Patient Access ordering. Simply download the [Patient Access](#) app and obtain an ID from Fairview Medical Centre Reception, then order your prescriptions online.
2. Contacting Us: using the [online form](#) to send a message requesting a prescription from Fairview
3. Send a Fax: to Fairview requesting a prescription. Fax number: 020 8765 8520
4. Visit: Fairview Medical Centre in person to request a prescription

Please note that repeat prescriptions **requests will not be accepted by telephone calls, unless the patient is housebound**. The reason being that serious mistakes can happen in taking messages on the phone.

Please **allow two working days for your prescription to be ready**, making extra allowances for bank holidays.

### ✓ Test Results

Blood/ urine /x-rays /ultrasound scans

Please contact the surgery for your test results, after 2PM (Monday to Friday) and must be between 5 to 10 working days after your test. Telephone Fairview Medical Centre on: (020) 8765 8525 for your test results.

**The surgery will not contact you with your results. It is your responsibility to call and get your results.**

If your doctor has requested a fasting blood test, please do not eat or drink for 12 hours before the blood test, it is advisable to only drink water.




**IF YOU HAVE A MINOR HEALTH CONDITION**

If you have a minor health condition, you can visit the local pharmacy and no prescription will be required. This is possible if you have a condition that can be treated with medicine that is available to buy over-the-counter from your local pharmacy. You do not need an appointment to speak to the pharmacist, just pop in anytime and they will be happy to help you.

Please visit your local pharmacist where you can obtain immediate clinical advice and appropriate over-the-counter medicines for:

coughs & colds	conjunctivitis	sore throat	cradle cap (skin condition)	ear wax / blocked ears	diarrhoea (adults only)
head lice	indigestion & heartburn	infrequent constipation	infrequent migraines	insect bites	haemorrhoids
mild dry skin	mild irritant dermatitis	mild to moderate hayfever	minor pain	ring worm	sprains & grazes
dry eyes	oral thrush	infant colic	stomach ache	athlete's foot	infrequent cold sore(s)
mild acne	mild cystitis	mouth ulcers	stings	thread worm	warts & verruca

If at any time you are concerned about your condition or if your symptoms are not improving after a few days of treatment with the over-the-counter medicines, you should contact the local pharmacist or your GP for more information. You can always call 111 where advice is available 24 hours a day.

*Please help our Admin Staff* 

If your contact information has changed, please let our admin staff know. There is a section on the contact information form that asks if you consent to receiving text messages or emails from the practice. This will include:

- appointment reminders, medical reviews due
- if you need to book an appointment following test results or relevant information following consultations.

If we do not have your mobile number nor email details, then please let us know so that you can access the above service.

We are also updating your next of kin information. We need to know if you have anybody who we should contact in the case of an emergency. We also need to know if you consent to us discussing your records with your next of kin and whether your next-of-kin is known by Fairview GP surgery.

All your details are kept private and confidential in accordance with GDPR (General Data Protection Regulations).

South West London Breast Screening Service  
St George's University Hospitals NHS Foundation Trust

**Didn't Attend for Breast Screening?**



Did you miss your screening appointment? **Don't worry we can still screen you.**

Please call us to make an appointment on 020 3758 2024 or via our web site at [www.london-breastscreening.org.uk](http://www.london-breastscreening.org.uk)

**Remember Breast Screening Saves Lives**

**Bowel Screening:**

Did you know that **1 in 20 people in the UK develop Bowel Cancer**. Bowel Screening can prevent cancer from developing and can save lives. Free Bowel Screening is offered to men & women aged between 60 to 74 every 2 years. Please contact the surgery or call freephone 0800 707 6060 if you have not yet received your bowel screening kit or have any concerns/queries. People aged 75+ please call the above number to request a bowel screening kit, if you wish to be tested.



**PPG** PATIENT PARTICIPATION GROUP

Did you know that there has been an active PPG - Patient Participation Group at Fairview Medical Centre for many years? It is a very important group, run by the patients for the patients, focusing on:

- Patient views
- Improving patient care
- Workshops & talks on a variety of relevant topics with guest speakers
- Social Events e.g. coffee mornings

All Fairview patients are welcome to attend PPG meetings (held 4 to 6 times a year, look out for details on Fairview website and newsletter). To become a PPG Member, please contact Claire White or Avani Jagdev at Fairview Reception.

Coming soon...

**PPG Meeting:**

- Thursday 5<sup>th</sup> December: 12:30pm to 2pm

**PPG Christmas Afternoon Tea Event:**

- Wednesday 18<sup>th</sup> December: 12:30pm to 2:30pm



This is an online health program just for you. This can be found on [www.justbecroydon.org](http://www.justbecroydon.org) Just BE Croydon website offering advice and resources to help you make positive changes to your health and well-being. It gives you information on health MOT, quick tips to a healthier life, information on health apps, podcasts and videos

- Be happy... Feel happier and healthier
- Be active... Move more and feel great
- Be alcohol aware... Drink sensibly
- Be sex safe... Have healthier relationships
- Be food smart... Eat well and stay in shape
- Be smoke-free... Quit smoking for good

**Telephone: (020) 8604 7719**

**Email: [hello@justbecroydon.org](mailto:hello@justbecroydon.org)**

**Visit: Just BE Croydon hub in Croydon**

**Central Library:** Katherine Street, Croydon CR9 1ET, where you can pop in, see and chat to one of their Live Well Advisors, who are happy to help and support you in making positive changes to your health and well-being.



**Fairview Therapies**

Come along and benefit from affordable integrative-holistic health and care at Fairview Medical Centre, that have been effectively helping patients for over 10 years, alongside GPs.

Complementary therapies offered at Fairview by highly qualified and registered therapists, include:

- ❖ Counselling
- ❖ Mindfulness
- ❖ Nutritional Therapy
- ❖ Massage and Reiki
- ❖ Facials and Skin Care
- ❖ Health / Wellness Coaching
- ❖ Medical Dermatology

By appointment only.

Monday to Friday and some late nights till 8PM.

Value for money. Don't delay call:

- ❖ Counselling & Mindfulness: 07796 416354
- ❖ Nutrition: 07966 478974
- ❖ Massage/Reiki/Mindfulness/Health Coaching: 07776 154124
- ❖ Medical Dermatology: 0208 765 8525

**What is Social Prescribing All About?...**

NHS England made Social Prescribing mandate this year (2019). Social prescribing is one of the current buzzwords. But what is it all about?

Social Prescribing is an approach that enables GPs and other healthcare professionals to refer patients to a Link Workers who can:

- ✓ Give patients time & attention to identify what matters most
- ✓ Help patients explore possibilities
- ✓ Co-design personalised practical solutions
- ✓ Identify & sign-post to activities and services within the community
- ✓ Empower & support patients to improve their health and wellbeing beyond medication: e.g. improve social, emotional, physical, mental, spiritual or financial needs.



**ACTIVITIES for your health & wellbeing**

	<b>Your Choice Of Activity:</b>	<b>Time &amp; Fees:</b>	<b>Where:</b>	<b>Contact:</b>
<b>Monday</b>	Gentle Yoga	10:15am to 11:15am FREE	St Stephen's Church, Warwick Road	Claire Mazzaschi 07969 241472 <a href="mailto:cmazzuk@yahoo.co.uk">cmazzuk@yahoo.co.uk</a>
	Mindfulness	1:00pm to 2:30pm FREE	St Stephen's Church, Warwick Road,	Peter Lawrence 07712 329468
<b>2<sup>nd</sup> Monday of each month</b>	Parents & Carers with Teenagers Support Group	6:30pm to 8pm FREE	Norbury Manor Primary School	PPG – Fairview <a href="mailto:Parents-of-Teenagers@outlook.com">Parents-of-Teenagers@outlook.com</a>
<b>Tuesday</b>	Women's Keep Fit Class	10:30am to 11:30am FREE	Hood Close Centre	Husna Haque 07534 974795
	One Stop Advice & Support Job Search	11am to 12:30pm FREE	Thornton Heath Library	Joan Idris 0203 700 1023
<b>Wednesday</b>	Luncheon Club Support and Advice for the Homeless	12:00pm to 2:00pm FREE	West Croydon Methodist Church	West Croydon Methodist Church 0208 774 9356
	Youth Club: Exercise & Mentoring	6:30pm to 8:30pm FREE	Peppermint Children's Centre, Valley Park	Acorn 2 Oaks 0208 686 8103
	Swimfit	09:30am to 11:00am FREE	Nuffield Croydon Central	Stephanie 07710592961
	Tai-Chi	10:30am to 11:30am Low Cost + Offers	Harlow Hall, Norbury	Jean 0789 474 1154
	Nutritional Therapy / Diet & Weight Loss	3:00pm to 7:00pm Low Cost	Fairview Medical Centre	Fairview Therapies (Lisa) 07966 478974
<b>Monday to Friday</b>	Counselling & Mindfulness (Adults 18+ yrs)	9:00am to 8:00pm Low Cost	Fairview Medical Centre	Fairview Therapies 07796 416354
	Counselling (Youth Under 18yrs)	9:00am to 5:00pm FREE	Cassandra Centre, Norbury	Cassandra Centre 020 3601 7475
<b>Saturday</b>	Walk 4 Health	11am to 11:45am FREE	Brigstock Medical Centre	Risq 07531 453288
	Father's Forum	6pm to 8pm FREE	BME Forum	Emmanuel 07939 041428
	AYDA Community Support Group	12pm to 2pm	AYDA Centre	AYDA 0208 868 6000 / 07904 217732

**Fairview Medical Centre  
Social Prescribing &  
Activities Contacts:**

**Gill McCaughin: [gill.mccaughin@nhs.net](mailto:gill.mccaughin@nhs.net)  
Caroline Singende: [caroline.singende@nhs.net](mailto:caroline.singende@nhs.net)  
Daisy Owusu: [daisyowusu@croydonsocialp.com](mailto:daisyowusu@croydonsocialp.com)**