

Sabden and Whalley Medical Group

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Issue 3—Autumn Newsletter.



FLU AND COVID VACCINE UPDATE

For most people flu is just unpleasant but for some it can lead to more serious illness. The NHS provides a free flu vaccination for patients in the following categories:

- All those aged 65 years and over
- Those aged 6 months to under 65 years in clinical risk groups
- Household contacts of immunocompromised individuals
- Pregnant women
- Carers, those in receipt of carer's allowance, or main carer of an older or disabled person
- Children aged 2 and 3 years on 31 August 2023
- Frontline health and social care staff

In addition patients in the above groups are also eligible to receive an autumn covid booster vaccination.

Our vaccination clinics start in mid-September 2023. If you have received a text message invitation to make an appointment please click on the link, otherwise please contact Reception to make an appointment.



Find us on
Facebook.

DR GOLDING'S RETIREMENT

What were you doing on 1st October 1995? I was a young and nervous GP, and it was my first day as a doctor in the Sabden and Whalley Medical Group.

I can still remember how delighted and grateful my wife Sam and I were when we got the phone call from Dr Barry Smith, the senior partner in the practice at the time, offering me the job and the opportunity to bring our family to live and work in the beautiful Ribble Valley. I can't believe it is now 28 years later and I have only a few weeks left to go before I retire from the practice. As that time draws closer, I am reflecting on what an enormous privilege it has been to spend my career here in Whalley and how fortunate I have been to have such wonderful patients and colleagues to work alongside.

Medical care within the NHS is always changing, as every few years the various political winds blow this way and that, new ideas come in (and go out again), new technologies are developed, and treatments are introduced and different ways of working are tried – but I firmly believe that a significant cornerstone to the success of the NHS is the health general practice and the relationships that form between patients and their advisors over many years. I want to thank all of you for putting up with me and for allowing me into your lives during the happy times, the difficult times and the sad times, I have loved working here and being part of this community and wish each and everyone of you good health and happiness in the years to come.

Dr Tim Golding



CONTACT US

Telephone – 01254 919888/Email – whalley.surgery@nhs.net

SHINGLES VACCINE UPDATE

To all our eligible patients, we will soon be planning to invite you to attend the practice for your shingles vaccination once the majority of our covid and flu clinics have completed.

Shingles is a common condition that can cause a painful rash. It can sometimes lead to serious problems such as long-lasting pain, hearing loss and sight loss.

You're more likely to get shingles and its more likely to cause serious problems, as you get older or have a weakened immune system.

The shingles vaccine helps to protect against shingles and its complications. As with previous campaigns run by the practice the current cohort of patients now eligible for the vaccine has increased from those aged 70-79 to those who turn 65 Years after 1st September 2023. Also included are those age 50 and over with a severely weakened immune system.

Invites will be sent out in due course, please then book at your convenience.

New recruits

Clinical Staff

Dr G Sethi—Salaried GP.

Dr R Khatri—Salaried GP.

Administrators/Receptionists

Sally Port—Administrator.

Karen Williamson—Receptionist.

Whalley extension plans

We are excited to announce that we have been granted planning permission for an extension to the Whalley surgery. The new plans include a full refurbishment and four new clinical rooms downstairs, as well as more admin and office space upstairs.



LEST WE
FORGET

As a veteran friendly practice, we would like to remember those who sadly lost their lives in the first and second world war. We will be marking this occasion by selling poppies at the reception desk, to raise money for the poppy appeal.

Our inhouse clinical (Dr J Hindle) and Admin (Danielle Hadcroft) leads will be working on creating new notice boards detailing local support which our military professionals and veterans can access and to raise awareness for those who have served in our Armed Forces.



CARE NAVIGATION

Care navigation uses Signposting to help patients;

Receive the **RIGHT CARE**

From the **RIGHT PROFESSIONAL**

At the **RIGHT TIME**

Our receptionists have been trained to Care Navigate and they may ask you some questions regarding the reason for your appointment. They will signpost you to the best clinician or service. Please note that our receptionists will not make any clinical decisions and will always follow strict confidentiality rules.

PHYSIOTHERAPIST

SELF CARE

PHARMACY

DOCTOR

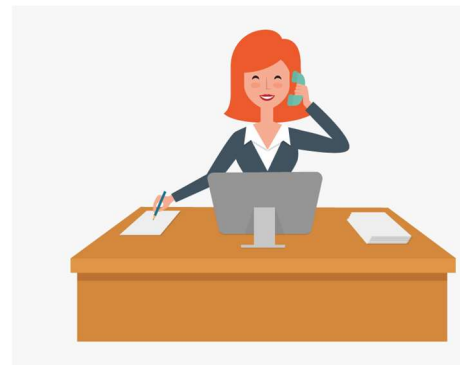
MENTAL HEALTH
PRACTITIONER

DENTIST

PRACTICE
PARAMEDIC

OPTICIAN

MIDWIFE



GP appointment?
Can't make it? Don't need it?

CANCEL IT!

CONSULTATION
ROOM



Missed appointments.

Did you know that between the months of June 2023 and September 2023 there were **531 missed appointments.**

Community news

Local Support Groups –

Veteran redoubt coffee morning and outreach – Every Tuesday 10am – noon.

(Trinity Methodist Church, Wesleyan Row, Parsons Lane, Clitheroe. BB7 2JY).

Hyndburn and Ribble Valley Parkinsons Support Group – Every other month.

(Accrington Town Hall, 42 Blackburn Road, Accrington. BB5 1LA).

Contact Barbara Marsden to book a place on 07891 349018 or barbaramarsden88@googlemail.com.

Long Covid Physical Recovery group – Every other Tuesday at 1pm.

(Edisford Road, Clitheroe. BB7 3LA).

To find out when the next meeting is please send an enquiry to sam.letslivelife@gmail.com.

