

## Keep safe and well this Winter

### Winter conditions can be bad for our health

Feeling unwell? Don't wait – get advice

Make sure you get your flu jab, and if your over 65 the pneumococcal vaccine (if eligible ask at the Surgery)

**Keep warm.**

**Heat your home to at least 18C (65F).**

**Keep your bedroom window closed on winter nights.**

**Keep active when you're indoors.**

**Wear several layers of light clothes'**

**Make sure you get all the help you're entitled to.**

**Check your heating and cooking appliances are safe**

### Look out for other people

Such as older people, neighbours, friends and family.

There's a lot you can do to help those who are frailer than you.

Keep in touch with people

Make sure your well stocked up with food and have your prescription.

Wear shoes with good grip as slippery footpaths my not look it

### Merger update

The PPG understands that the merger application has been agreed in principle by the NHS Commissioners.

Work to finalise this is ongoing and the merger is likely to happen sometime in 2018



The Kirton in Lindsey Surgery PPG Newsletter Issue Number 2—autumn 2017

**PATIENT PARTICIPATION  
GROUP NEWS LETTER  
FLU JAB CLINICS  
NO APPOINTMENT  
NECESSARY  
SATURDAY 30TH SEPT.  
AND  
SATURDAY 7TH OCT.  
COME AS WELL TO THE  
COFFEE AND TEA MORNING  
FOR THE BENEFIT OF THE SURGERY**

## The flu jab

Flu vaccination is available every year on the NHS to help protect adults and children at risk of flu and its complications.

Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week or so.

However, flu can be more severe in certain people, such as:

- anyone aged 65 and over
- pregnant women
- children and adults with an underlying health condition (such as long-term heart or respiratory disease)

children and adults with weakened immune systems

Anyone in these risk groups is more likely to develop potentially serious complications of flu, such as pneumonia (a lung infection), so it's recommended that they have a flu vaccination every year to protect them.

## People who should have a flu jab

The injected flu vaccine is offered free of charge on the NHS to people who are at risk. This is to ensure they are protected against catching flu and developing serious complications.

You are eligible to receive a free flu jab if you:

- are 65 years of age or over
- are pregnant
- have certain medical conditions
- are living in a long-stay residential care home or other long-stay care facility or you are the main carer for an elderly or disabled person whose welfare may be at risk.

## 65s and over and the flu jab

You are eligible for the flu vaccine this year (2017-18) if you are aged 65 and over on March 31 2018 – that is, you were born on or before March 31 1953. So, if you are currently 64 but will be 65 on March 31 2018, you do qualify.

<http://www.nhs.uk/Conditions/vaccinations/Pages/flu-influenza-vaccine.aspx>

## Kirton Lindsey Surgery Patient Participation Group - Fundraising

Your Surgery Patient Participation Group has decided to initiate some fundraising activities to help to purchase items for the benefit of Kirton Lindsey Residents and Patients at the Practice.

We have decided to make our FIRST FUNDRAISING



A 'Heartsafe' cabinet to allow directed public access to the surgeries Automated External Defibrillator when the surgery is closed:

AND



High Back chairs for the surgery waiting room:

**PLEASE SUPPORT US**

**COME TO OUR COFFEE AND TEA MORNINGS**

**SATURDAY 30TH SEPTEMBER 9AM TO 1PM**

**RAFFLE TICKETS ON SALE AT THE SURGERY**