

**AUTUMN 2017**

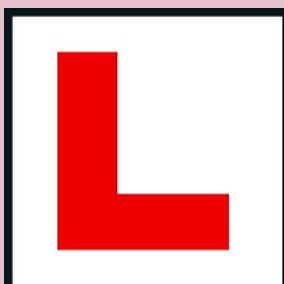
# EASTSIDE SURGERY

**STAY WELL  
THIS WINTER**

[www.nidirect.gov.uk/stay-well](http://www.nidirect.gov.uk/stay-well)

**Staff training afternoons:** Tues 19th September 2017  
Wed 25th October 2017

THE SURGERY IS HAVING A NEW  
COMPUTER SYSTEM INSTALLED  
WEEK BEGINNING 2/10/2017



**Please be patient with us!**

## PROTECTING YOUR CHILD AGAINST FLU

The annual vaccination programme includes all children aged 2–11 yrs. A nasal vaccine will be offered.

- All pre school children born between 2/7/13 and 1/9/2015 will be offered the vaccine at the surgery .
- All primary school children will receive the vaccination at school.

## PHONING TO SPEAK GP

If you need to speak to a doctor, please phone

**Before 12 noon**

**ONLY EMERGENCY** calls will be taken after  
12 noon

## FLU VACCINATIONS 2017

The flu vaccination programme  
will begin on

**1st October 2017**

or when vaccines are delivered to  
the Surgery. All patients over  
65years and “**at risk**” patients  
(including pregnant women at  
any stage of pregnancy) should  
be vaccinated against flu. It is  
important that you get your flu  
vaccination in October or  
November to be ready to fight off  
infection.

## FLU CLINIC

**Wed 18th**

**October**

**2pm–5 pm**

You can also get your Flu  
vaccination from the  
Nurse or HCA  
Monday–Friday  
9am–11am

## PLEASE REMEMBER

Your prescription will be ready

**in 48 hours**

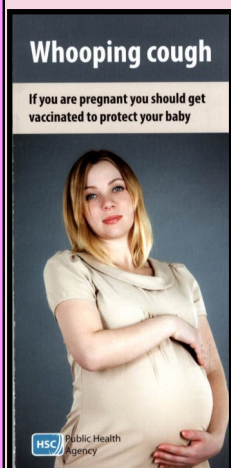
You do not need to phone to check.

## Dental Problems

If you have a dental problem i.e a toothache with or without an abscess. Please contact your Dentist. It is not necessary to make an appointment with your GP. The GP will not issue Antibiotics for dental issues.

## Whooping cough vaccination

The best time to be vaccinated to protect your baby is from 16 weeks of your pregnancy.



If you are 16 weeks + you can receive your vaccination from your GP. If you are in the later stages it is still beneficial to get the vaccine.

## Shingles vaccination

The shingles vaccine is being phased in over the next few years. All people aged 70yrs on 1/9/17 will be offered the vaccine as well as those aged 78yrs on 1/9/17. People who are now aged 71,72,73,74, or 79 yrs of age who have not already received the vaccine remain eligible to receive the vaccine during 2017/18.



The vaccine will then be rolled out to other people in the seventies age group in future

### USEFUL TELEPHONE NUMBERS

The Arches Centre	90563303
Ulster Hospital	90484511
Belfast City Hospital	90329241
Royal Victoria Hospital	90240503
Musgrave Park	90902000
Mater Hospital	90902000
Ulster Ind Clinic	90741211
Out of Hours	90796220
Reception	90451000
Repeat Prescription Line	90451212
Emergency lunchtime number	0743 5760079

## MEN ACWY vaccination

If you were born between 2/7/1996 & 1/7/2001 and you have not received the MenACWY vaccine. You are still eligible to receive the vaccine up until the age of 25yrs.

## Learn how to take control of your pain

Living with long term pain can make you feel anxious, frustrated and angry, which lead to tense muscles, adding to your pain. You might have difficulty sleeping and conducting day to day activities that you previously enjoyed, which can leave you feeling even more frustrated and anxious.

Arthritis Care NI 's workshops will help you break this cycle they will help you manage the physical and emotional impact of living with pain.

E-mail: [nireland@arthritiscare.org.uk](mailto:nireland@arthritiscare.org.uk)

[www.arthritiscare.org.uk](http://www.arthritiscare.org.uk)

Pick up a leaflet from reception area.

Living with chronic pain?

Struggling to cope?

Don't know what to do?

LEARN HOW TO  
**TAKE CONTROL**