



September/
October 2016

Bourn Surgery Newsletter

Great Gransden Clinic: There will be no Grandson Clinic on 13th September, 20th September and 25th October.

The Surgery will be closed from 1pm-6pm on Thursday 15th September for staff training.

‘Flu Clinic and other Vaccination News:

Our annual ‘flu vaccination clinic will take place on Saturday 1st October, for NHS vaccination. Please book with Reception for an appointment. Eligible patients include: those over 65 years of age, pregnant women, those with certain long-term medical conditions, those who receive a carer's allowance, or are the main carer for an elderly or disabled person. If you are unable to make the ‘Flu Clinic, please book a nurses appointment to be vaccinated.

Children’s nasal ‘flu vaccination will also be running again this year, with children aged 2,3 and 4 on August 31st 2016 being eligible, as well as those aged 2-17 with long-term health conditions. Children in school years 1, 2 and 3 will be offered vaccination through their school. Please contact the Surgery to arrange an appointment with the nurse.

The Meningitis ACWY vaccination clinics are still running, offering protection against four different causes of meningitis, including Meningitis W which is commonest in the first year of university. This vaccination can be given to students up to the age of 25, and should be given before, or shortly after, the start of the academic year.

From September 1st 2016 the shingles vaccine is available to people aged 70, 71, 72, 73 and 78 or 79 on the 1st September 2016, and you remain eligible until 31st August 2017. The vaccination is not available on the NHS for patients over 80.

Focus on: Supporting those with dementia

A diagnosis of dementia is life-changing, both for the patient and those around them. Many of the organisations listed below can help and advise on practical help and support, financial support and emotional support.

If you regularly help someone with dementia, then you are an informal carer. Please let the Surgery know (even if the patient is not registered with us). We can add you to our Carers’ Register, which ensures you are offered things like a ‘flu jab.

If you would be interested in getting a Bourn Surgery Carers Support Group up and running, please contact Dr Vanessa Lockyer!

The Carers Trust

You could ask your GP for a referral to the Carers’ Trust. This is a local charity which supports carers; they can advise on help and support that is available. An important role for the Carers’ Trust is helping you create a “What If” plan; what will happen should you

Local Support Services for those with dementia:

Home Meadow Care Home in Toft now has a monthly support meeting for patients and carers of those with dementia. There is tea and coffee, and a chance to meet with others in a similar situation. A guest speaker is arranged each month, such as from the Alzheimers Society. A new addition this year have been memory walks around Toft, organised by Joe Ballard, the entertainments coordinator at Home Meadow. These are open to anyone living with dementia and their carers (not just residents at the home).

These take place every other Saturday, the next one is scheduled for Saturday 17th September at 10:30 starting at Home Meadow. Joe can be contacted on 01223 263282

Care Network (Community Navigators):

A valuable source of information about local community schemes and support. They are also sometimes able to provide some practical support via Help at Home.

Contact: Enid Instone Brewer and Mirella Teague (01954 212100) - Community Navigator Coordinators for South Cambs.

18 Broadway House, 149-151 St Neot's Road, Hardwick, Cambridgeshire, CB23 7QJ.

Email: southcambs.navigators@care-network.org.uk

The Alzheimers Society (supports any form of dementia NOT just Alzheimers):

You can ask any GP at the surgery to put you in contact with Wendy Dunn at the Alzheimers Society, who has worked closely with several of our patients. She can provide practical help and guide you through the complexities of the benefits and entitlements you are allowed to claim for.

www.alzheimers.org.uk

East Anglia and Central Area Office (01223 884031), Alzheimer's Society, Heron Court Ida Darwin, Cambridge Road, Fulbourn, Cambridgeshire, CB21 5EE.

Email: eca@alzheimers.org.uk

Age UK

Excellent website and a helpline too. Can advise about how to organise help and care at home, equipment and technology (such as call alarms). Advice about benefits entitlement. Advice about Lasting Power of Attorney.

www.ageuk.org.uk Helpline: 0800 169 2081

Reception

- **Mon-Fri:**
8.30am-1pm, 1.30pm-6pm
- **Appointments:** 01954 719469
- **Emergencies:** 01954 719313
- **www.bournsurgery.nhs.uk**

Dispensary

- **Mon-Fri:** 9am-1pm,
3.30pm-6pm

Out of Hours

- **01954 719313 and listen to the automated message.**