

Branch Surgery
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Consultations by Appointment Only

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Update from Cove Bay & Kincorth Medical Centre – September 2018

Changes at the Practice

We are pleased to advise that Dr Elaine Bryce has now joined our team. Margaret McAllan has also recently joined our Cove reception team.

Janet Ede, Advanced Nurse Practitioner who has been with us for a number of years now has decided to move on. We are sorry to see Jan go and we wish her all the best for the future.

Keep Clear of Flu & Shingles

At the best, flu is a horrible illness that is severely debilitating for a few weeks, at worst many people end up hospitalised from complications and unfortunately it can be fatal.

There is no effective treatment for flu but it can be avoided. We would urge as many people as possible to seek vaccination, preferably before December. The flu vaccination is free to all over the age of 65 and all who have a long term medical condition such as Heart Disease, Asthma and Diabetes (if in doubt please contact us). It is also free to Carers.

For people outwith these groups we offer a private service but Pharmacies (including Cove Bay Pharmacy) also provide this and are generally less expensive.

Please contact the surgery after 10am on 0345 337 1170 to book an appointment (including Saturday morning options – **Saturday 6th October & Saturday 3rd November 2018** at our Cove Practice. **BOOKING NOW!**

We are also vaccinating **pre-school** children age 2 and upwards with a nasal sniff form of flu vaccination. The child must be 2 years of age on or before the 1st September 2018 and not be attending school. We will also be vaccinating secondary school children that are in a clinical risk group. Nasal Flu vaccinations are only available at the clinic on **Saturday 3rd November** but if you are unable to attend this clinic please contact the surgery to make an alternative appointment.

The Shingles vaccination – one off injection

If you are 70 to 79 years of age on the 1st September 2018 and you have not had the shingles vaccination please advise the receptionist that you would also like this vaccination when you are booking in for your flu injection. The shingles vaccine reduces the chances of you developing shingles and even if you do develop shingles then the disease is likely to affect you less severely.

Pneumococcal Vaccination – one off injection

This is a one off injection for patients who are 65 years and over or are in a clinical risk group – please ask if you wish to receive this vaccination.