



Kessington Medical Centre Newsletter

Autumn Issue

October 2017

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1. Open Day Flu Clinics

The annual flu vaccine protects people over 65, those who have health conditions and pregnant women, against the strains of flu virus that are likely to be circulating each winter flu season. This year the flu clinics will be held on:

Wednesday 4/10/17 09:30-12:30; Tuesday 10/10/17 09:30-12:30;
Wednesday 25/10/17 14.15-17.30



Useful Telephone Numbers

Repeat Prescriptions 406 6380

District Nurses 232 4815

(based at Milngavie Clinic)

Health Visitors 232 4861

Out of Hours Service 111

Social Work 355 2200



These are drop in clinics and no appointment is necessary. They are mainly for patients who do not experience difficulty walking or standing for long periods of time. There are also bookable appointments available. If you have an appointment for another reason you can ask the doctor or nurse to give you the flu vaccination at the same time.

It is important for us to know if you are eligible for the flu vaccination but you do not wish to have it. We can then update our records and we will not send you reminders later in the season.

For patients who do not meet the NHS criteria there are usually local pharmacies who will vaccinate for a small fee.

2. Managing Coughs, Colds and Flu

A cough is a reflex action to clear your airways of mucus and irritants such as dust or smoke. It is rarely a sign of anything serious. Most coughs clear up within three weeks and don't require any treatment. For more persistent coughs it's a good idea to see your doctor. Colds are very common at this time of year. The best remedy is to rest at home, keep warm and drink plenty of water to avoid dehydration. You can take paracetamol or ibuprofen to lower a high temperature and relieve aches if necessary. You can buy cough and cold medicines from pharmacies and supermarkets. Flu is more serious but there is usually still no need to see a doctor if you are otherwise fit and healthy. Stay off work or school until you are feeling better. For most people this will take about a week although you may feel tired for much longer. See a doctor if your symptoms don't improve after three weeks or your symptoms suddenly get worse. To reduce the risk of spreading a cold or flu wash your hands often with warm water and soap, use tissues to trap germs when you cough or sneeze and bin used tissues as quickly as possible.



3. Vaccinations in pregnancy

Between October and February we strongly encourage pregnant women to have the flu vaccination, which can be given at any point in pregnancy. You are also advised to have the pertussis vaccination between 16 and 32 weeks. This is to protect your baby against whooping cough before and after birth.



4. Staff News

We are pleased to announce that we have two new receptionists joining us in October, Wendy Pollock and Sandra Hyslop. We hope they will enjoy working here.

5. Waiting Times for Hospital Appointments

You may be aware the current routine waiting time for all specialities following GP referral is greater than 12 weeks and may be even up to 30 weeks.

For all appointment enquiries please contact call centre staff on

Tel: 0141 347 8347 or Tel: 0141 347 8850

who will be happy to assist.

