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If you require urgent medical assistance when the surgery is closed and cannot wait until the surgery opens, please call the Out of Hours service on 0161 7638940.

Reception Opening Times:

Mon to Fri – 8.00am to 6.30pm

Dr Uddin & Dr Anwar

Halliwell Surgery

Practice Newsletter

Autumn Newsletter 2019

Flu Campaign 2019-2020

It is that time of year again!! We will be inviting eligible patients in for a flu vaccination over the next few months.

Patients eligible for a flu vaccination are:

- Those aged 65 years and above
- Those aged 6m to 64 years with a chronic disease – i.e. diabetes, asthma, COPD, heart disease, stroke, kidney disease, liver disease and some neurological disorders
- Pregnant Ladies
- Carers
- Aged 2 to 3 years old

The deliveries of the flu vaccinations are being staggered this year due to the manufacturers. We will be contacting you when we have the vaccinations available and booking your appointment.

For more information regarding the flu vaccination, please visit the NHS website - <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

Breast Screening Programme 2019

The NHS Breast Screening Programme Service will be inviting eligible women aged 50-70 for a mammogram. They will be sending invites out from the end of September 2019.

The screening is carried out every 3 years.

Breast screening is a way of finding breast cancer. It can help find cancers that are too small to see or feel. Breast screening can save lives. It means more women can have treatment to deal with breast cancer.

Dr Uddin & Dr Anwar strongly advise that women attend the screening.

The mammogram usually takes around 6 minutes but you should allow 30 minutes for your appointment. The result will be posted to your home address 2-3 weeks after the mammogram.

For more information, visit our website on www.halliwellsurgery.nhs.uk

Autumn 2019 NHS Awareness Campaigns

- **September 2019 – Keep Antibiotics Working**

Why is this important? Antibiotic resistance is a major threat to individual and public health. Taking antibiotics when not needed puts everyone at risk of developing infections which cannot be easily treated with antibiotics. Without urgent action, common infections, minor injuries and routine operations will become much riskier.

Taking antibiotics encourages harmful bacteria that live inside you to become resistant. That means that antibiotics may not work when you really need them. This puts you and your family at risk of a more severe or longer illness. Take your doctor or pharmacist's advice.

For more information, you can visit the NHS website - <https://www.nhs.uk/conditions/antibiotics/>

- **October 2019 – STOPTOBER**

Give quitting a go this Stoptober.

Quitting smoking is one of the best things you can do for your health but many smokers who want to quit aren't sure about the best way to go about it. Relying on willpower alone is the least effective way to stop. You can boost your chance of success by getting some support. Choose the support that's right for you and join thousands of others to stop smoking this October.

For more information, you can visit the website - <https://quitnow.smokefree.nhs.uk/>

Please also note, you can visit your local pharmacy to get advice and support on stopping smoking.

- **November 2019 - Help us Help You Winter campaign**

Keep seasonal coughs and colds at bay. Ask your pharmacist what medicines should be in your cabinet and how to help you and your family get through the winter season.

Many over-the-counter medicines (including paracetamol and ibuprofen) are available to relieve symptoms of common winter ailments such as cold, sore throat, cough, sinusitis or painful middle ear infection (earache). Always seek advice from your pharmacist at the first sign of a cough or cold before it gets more serious.

Stay warm. It is important to keep warm in the winter – both inside and outdoors. Keeping warm can help prevent colds, flu and more serious problems such as heart attacks, strokes, pneumonia and depression.

Catch it, bin it, kill it. Flu is very infectious and spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours. To reduce the risk of spreading flu:

- Use tissues to trap germs when you cough and sneeze
- Wash your hands often with warm water and soap
- Bin used tissues as quickly as possible

AND REMEMBER IF YOU ARE ELIGIBLE FOR A FLU VACCINATION, PLEASE ATTEND YOUR APPOINTMENT FOR THIS AT THE PRACTICE.

For more information, visit the website - <https://www.nhs.uk/staywell/>

Our Practice Website

Please visit our Practice Website - there is a lot of useful information on there about appointment bookings, latest news, prescription ordering, our clinics and services.

Please visit <http://www.halliwellssurgery.nhs.uk>