

Think you need medical help right now?

NHS 111 is available to offer advice on the best course of action

NHS 111 can help you decide the best course of action to take when you have an urgent, but non-life-threatening health concern.

NHS 111 provides you with a convenient way to get the right help or advice when you need it.

Whether over the telephone or online, NHS 111 will ensure that you get the right care, from the right person, as quickly as possible.

So, if you think you need urgent medical help, you can now **call 111** or go online at www.111.nhs.uk



UPDATED FOR
WINTER
2020

Important information to Help you Stay Well This Winter

Inside this leaflet

- Why you should have a flu vaccine
- GP appointments in Bromley
- Protect yourself from shingles and pneumococcal infections
- Use the right service at the right time

www.selondonccg.nhs.uk

Ways to get in touch with us

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Clinical Commissioning
Group (Bromley office)
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10 Station Approach
Bromley
BR2 7EH



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Broccg.contactus@nhs.net



www.selondonccg.nhs.uk



@NHSBromley_CCG



Dr Jon Doyle,
Bromley GP and
Clinical Director

It's not 'just the flu' – protect yourself and those around you by having the flu vaccination.

Each year the flu kills on average 11,000 people and hospitalises thousands more.

This year it's more important than ever for people at risk to get their free flu vaccine. By having the flu vaccination, you will help protect yourself and others from what can be a severe, and sometimes fatal, illness which could lead to a hospital treatment. The flu spreads from person to person, even amongst those not showing symptoms.

This winter, many more people are eligible to have the free flu vaccine. As well as vaccinating those most at risk, people aged between 50 and 64 who are not in a clinical at-risk group may also be offered a free flu vaccination later in the year, providing there is enough vaccine available. This is to ensure that those who are most at-risk are vaccinated first.

If you're over 65, are pregnant, have a long-term health condition, or you're in a shielding household, speak to your GP or pharmacist to get a free flu vaccine. You can book online with your local pharmacist at myvaccinations.co.uk.

"Flu is a very infectious disease with symptoms that can come on very quickly and is more common in the colder months', explains Dr Jon Doyle, Bromley GP. **'The most effective way to protect yourself and those around you is by having the flu jab. The flu spreads from person to person - even amongst those not showing symptoms. Staying as healthy as you can during the winter months, can also reduce the risk of health complications.'**

A flu vaccine is available for free on the NHS for:

- ▶ **Anyone aged 65 or over**
- ▶ **Anyone with a long term condition such as a heart, chest or spleen problem, kidney or liver disease, a neurological condition or diabetes**
- ▶ **Pregnant women**
- ▶ **Anyone with a weakened immune system**
- ▶ **Carers of an older or disabled person**
- ▶ **Live with people who are on the Coronavirus list**

For more information about who should have the flu vaccine visit: www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine/

Children aged 2-3 can get a free nasal spray at their GP. School aged children up to year 7 will be offered the vaccine at school – if you have an eligible child, please make sure they get it to help stop the spread of flu.

Flu can be very unpleasant for children, with potentially serious complications, including bronchitis and pneumonia.

Find out more by visiting www.nhs.uk/conditions/vaccinations/child-flu-vaccine

All of our Bromley flu clinics have infection control measures in place so you can be vaccinated safely. This includes social distancing, handwashing and protective equipment'.

Dr Jon Doyle, local GP and Bromley Clinical Director

If you are eligible for a free flu jab, your GP practice will contact you directly by letter or text to arrange it.

Who is eligible for pneumococcal and shingles vaccinations

Shingles vaccinations

A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to people in their 70s.

The shingles vaccine is given as a single injection into the upper arm. Unlike the flu vaccine, you'll only need to have the vaccination once and you can have it at any time of the year.

Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. Shingles is also fatal for around 1 in 1,000 over-70s who develop it.

Who can have the shingles vaccination?

- ▶ You're eligible for the shingles vaccine if you are aged between 70-79 years old.
- ▶ A small number of patients may not be eligible for the shingles vaccination and your practice will advise you.

- ▶ When you're eligible, you can have the shingles vaccination at any time of year.
- ▶ The shingles vaccine is not available on the NHS to anyone aged 80 or over because it seems to be less effective in this age group.

How do I get the shingles vaccine?

- ▶ Once you become eligible for a shingles vaccination your doctor will vaccinate you when you attend the surgery for general reasons, or for your annual flu vaccination.
- ▶ If you are worried that you may miss out on the shingles vaccination, contact your GP surgery to arrange an appointment to have one.

Find out more by visiting
www.nhs.uk/conditions/vaccinations/shingles-vaccination

Pneumococcal vaccinations

The pneumococcal vaccine protects against serious and potentially fatal pneumococcal infections. It's also known as the pneumonia vaccine.

Pneumococcal infections are caused by the bacterium *Streptococcus pneumoniae* and can lead to pneumonia, septicaemia (a kind of blood poisoning) and meningitis.

At their worst, these infections can cause permanent brain damage, or even kill.

Who should have the pneumococcal vaccine?

A pneumococcal infection can affect anyone. But some people are at higher risk of serious illness, so it's recommended they're given the pneumococcal vaccination on the NHS.

These include:

- ▶ babies
- ▶ adults aged 65 or over
- ▶ children and adults with certain long-term health conditions, such as a serious heart, lung or kidney condition

Find out more about who should have the pneumococcal vaccine by visiting
www.nhs.uk/conditions/vaccinations/pneumococcal-vaccination



GP services in Bromley during the evenings and at weekends

Bromley GPs provide more patient appointments in the evenings and at weekends. These extended services are available from 4pm to 8pm on weekdays and 8am to 8pm at weekends, and provided from three hubs across the borough.

In winter, when NHS services are particularly busy, we provide more of these appointments to make it easier for you to see a GP when you need one. To get an appointment, you can call your GP practice. If your need is urgent and there is no appointment available within your practice, you will be offered an appointment at one of the hubs (you will still be registered with your practice for future appointments).

Hubs are located in Beckenham, Bromley and Orpington. If you need to see a GP urgently when your practice is closed, please call 111.

Dr Andrew Parson,
Local GP and Bromley Clinical Chair



Bromley Well

Bromley Well provides help for you to stay emotionally and physically well and to remain independent.

For further community support on keeping well and staying warm this winter contact Bromley Well on **0300 330 9039** or email spa@bromleywell.org.uk

for more information visit:
www.bromleywell.org.uk



You can be prepared for common illnesses by keeping a well-stocked medicine cabinet at **home**.



You can call NHS 111 if you need medical help or advice but it's not a **life-threatening situation**, or if you're not sure which service you need.



Ask your local pharmacist for advice for many common minor illnesses, such as diarrhoea, minor infections, headache or sore throats.



Make an appointment with your GP if you're feeling unwell and it's not an emergency. GP appointments are available from 8am to 8pm, seven days a week.



Visit the Urgent Care Centre if you have a minor illness or injury (cuts, sprains or rashes) and it can't wait until your GP surgery is open.

Princess Royal University Hospital
Farnborough Common
Orpington
Kent BR6 8ND

Beckenham Beacon
379-397 Croydon Road
Beckenham
Kent BR3 3QL



Call 999 if you or someone else is seriously ill or hurt and their life is in danger.