



## The Flu Jab for 2013/14

Flu is a highly infectious illness caused by the flu virus. It spreads rapidly through small droplets coughed or sneezed into the air by an infected person. Some people are at greater risk of developing serious complications of flu, such as bronchitis and pneumonia. The flu vaccination is offered to people in at-risk groups.

Each year, the viruses that are most likely to cause flu are identified in advance and vaccines are made to match them as closely as possible. The vaccines are recommended by the [World Health Organization \(WHO\)](http://www.who.int).

The 2013/14 vaccine protects against three types of flu virus. This year's flu jab protects against:

- **H1N1** – the strain of flu that caused the swine flu pandemic in 2009
- **H3N2** – a strain of flu that can infect birds and mammals and was active in 2011
- **B/Massachusetts/2** – a strain of flu that was active in 2012

## Flu Clinics For Staffa Health Patients

If you have received an invitation card from us saying you would benefit from having a flu vaccination - **NO APPOINTMENT IS NEEDED**  
 Just turn up on the day to any of the sessions dates below:



### PILSLEY PATIENTS

Please attend the Community Centre on  
**Friday 4th October 2013 between 9 - 11.30 am**

### HOLMEWOOD PATIENTS

Please attend the St Albans Parish Centre on  
**Wednesday 16th October 2013 between 8.30 - 11.30 am**

### STONEBROOM PATIENTS

Please attend the New Sports Pavilion  
 (behind the surgery) on  
**Thursday 17th October 2013 between 9 am - 2 pm**

### TIBSHELF PATIENTS

Please attend the surgery on either  
**Wednesday 9th October 2013 between 8.30am and 6 pm**  
**Wednesday 23rd October between 8.30 am and 6 pm**  
**Saturday 2nd November between 8.30am and 11.30am**

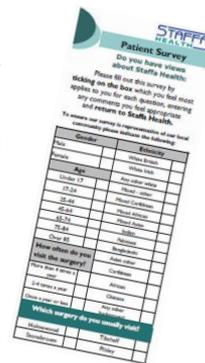
**ONLY PHONE THE SURGERY IF YOU CANNOT ATTEND  
 THE ABOVE SESSIONS AFTER 4th NOV 13**

## Our Local Patient Survey - Complete our Questionnaire



Our GP Patient Survey is designed to give patients the opportunity to comment on their experience of our services. The survey asks patients about a range of issues related to **Staffa Health services**. This includes questions about how easy or difficult it is for patients to make an appointment at their surgery, satisfaction with opening hours, and the quality of care received from their GP and practice nurses. Replies to the survey will measure patient experience and will therefore help us to understand where improvements are needed.

This survey is an opportunity for patients to have their say about how well their practice is doing at providing these services to patients. We hope that patients who complete the survey will use this opportunity to feed back their opinions on our services. The more responses we receive, the more accurate a picture we will get on how we are performing.



## Care Data - Modern data service for the NHS

Confidential information from your medical records can be used by the NHS to improve the services offered so best possible care is provided for everyone. This information along with your postcode and NHS number but not your name, are sent to a secure system where it can be linked with other health information. This allows those planning NHS services or carrying out medical research to use information from different parts of the NHS in a way which does not identify you. You have a choice. If you are happy for your information to be used in this way you do not have to do anything. If you have any concerns or wish to prevent this from happening, please ask at reception for a copy of the leaflet "How information about you helps us to provide better care". More information can be found at [www.nhs.uk/caredata](http://www.nhs.uk/caredata)



## Staying Active in Winter

Cold weather can lead to ill health and depression, particularly in people aged over 60. One way to staying healthy is to keep active. Don't let bad weather put you off moving around as even light exercise can help to keep you warm and improve your mood. While it is important to keep active, if you are going out in the cold remember to wrap up warm:

- You should wear plenty of thin layers, rather than one thick one
- You should put on a coat, hat, scarf, gloves and warm shoes or boots and make sure you have suitable, non-slip, footwear in icy or snowy conditions

You should wear clothes made from cotton, wool or fleecy synthetic fibres.

**Hardwick Walking for Health to get out and about in our local countryside**, get together and get fit in the spectacular setting of the National Trust's Hardwick Estate. Join in on a selection of short to medium length walks to explore this historic landscape and surrounding countryside.

Walks will continue every Thursday throughout 2013, starting at 10.30am in the Stableyard. Registration 15 minutes before the walk begins.

Walks suitable for easy to moderate walking in a countryside environment. Refreshments available after walk.

Yoga Walks will take place monthly on a Sunday. Starting at the Park Centre, 10.30am. These walks involve gentle yoga exercise in the park.

For more details contact Joanne Rawson Volunteering and Community Involvement Manager on 01246 851787 or email [joanne.rawson@nationaltrust.org.uk](mailto:joanne.rawson@nationaltrust.org.uk)

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