



Haygarth Pulse



September 2017

www.hay-garth.co.uk

Number: 8

Reception opening hours

Hay-on-Wye
01497 822100
8:30 am – 6.30 pm
Closed for lunch 1-2pm
Monday and Tuesday

Talgarth
01874 713000
8:00 am – 6:00 pm
Closed for lunch 1-2 pm
Wednesday, Thursday &
Friday.

Dispensary opening hours

Monday – Friday
9.00am to 5.15 pm

Contact Us

Haygarth Doctors
The Medical Centre
Forest Road
Hay-on-Wye
Hereford HR3 5DS
01497 822100

The Medical Centre
Hay Road
Talgarth
Powys LD3 0AW
01874 713000

Practice Manager
Mrs Gwyneth Gore

Please note all telephone calls to or from Haygarth Doctors are now recorded.

Flu (short for influenza) is a common infectious viral illness spread by coughs and sneezes. You can catch flu all year round, but particularly so in the winter season, which is why it's sometimes called "seasonal flu".

The annual flu vaccine can help reduce your risk of getting flu each year, although it's not 100% effective because it doesn't work against every possible type of flu virus.

The best time to have the vaccine is in the autumn, between September and early November, before flu starts to circulate. You should have the vaccination every year to stay protected, as the viruses that cause the flu change every year.

If you are in one of the following groups you are eligible for a free flu vaccination.

- those aged 65 years and over
- anyone who has chronic heart, kidney, liver disease
- pregnant women
- anyone who suffers with asthma or COPD
- adults who are morbidly obese (have a BMI of 40 or above)
- anyone with neurological disease (including stroke or mini stroke)
- has lower immunity due to a health condition or treatment
- those who live in long-stay residential care homes
- carers
- anyone who has a poorly functioning spleen
- Frontline healthcare workers and carers
- all two and three year olds (age on 31 August 2017)
- all children in reception class and year 1, 2 and 3 in primary school.

Please book an appointment for a flu vaccination in one of our flu clinics. These are available at both Hay and Talgarth surgeries between the 9th and 20th October 2017.

There will be separate flu clinics during half term week for children to receive their flu vaccinations.

Staffing changes

Welcome to our
Pharmacy Team

Louisa Banning, Clinical
Pharmacist

Louise Smalley,
Pharmacy Technician

Future editions

... is there something you
would like us to cover here?
Please let us know – pop a
card in our suggestion box

**Shropdoc out of hours
contact number is**

0333 2226655

Blood Tests at the practice

Sometimes patients who are under consultant care at hospital will be asked by their consultant to attend their local surgery to have some blood tests taken. Usually this a straightforward process, but unfortunately as Hay and Talgarth are a joint practice and with Hay sitting on the border, our patients therefore could be under a consultant based in either Wales or England. Therefore, it is important when patients are making an appointment for a blood test which has been requested by their consultant that patient tells the reception staff which hospital has requested the blood tests so as they can make the appointment at the correct surgery.

For example, if a patient is seeing a consultant in Nevill Hall hospital and they request that the patient has a blood test at their local surgery, these tests would need to be carried out in our Talgarth surgery in order for the consultant to be able to access the blood test results. All blood samples taken in Talgarth surgery go to the laboratory in Nevill Hall hospital for processing. And likewise for a patient who is seeing a consultant based at the County hospital in Hereford, the patient would need to attend Hay surgery for any blood tests that were requested by their consultant. All blood samples taken in Hay go to the laboratory in the County hospital at Hereford

Ordering Repeat Prescriptions

You can order your repeat medication in the following ways: -

Repeat Prescribing System – When collecting your prescription, indicate which medicines you will need for the following month on the right-hand side of your prescription sheet and hand to the reception. Your prescription will be ready to collect at the correct time the following month

By Post – Send your repeat slip by post to: - The dispensary, Medical Centre, Forest Road, Hay-on-Wye. HR3 5DS (All repeat medication requests for Talgarth patients will still be processed by the Dispensary at Talgarth Surgery)

By hand – post your repeat slip into the box in the surgery waiting room or through the letter box if the surgery is closed

On-line – If you have access to the internet, you can order repeat prescriptions on-line by registering at My Health Online – this is a secure on-line service. Please ask reception staff for details

Regretfully we cannot take an order for repeat prescriptions over the telephone.