



# Haygarth Pulse



September 2018

[www.hay-garth.co.uk](http://www.hay-garth.co.uk)

Number: 12

## 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

## Medical Students

Haygarth Doctors will be hosting medical students from Cardiff University School of Medicine between September 2018 and January 2019.

The students will sit in with members of the clinical team in order to gain valuable skills and experience in medicine in the community. This will be excellent preparation for when they become fully qualified doctors.

If however, you would prefer the student not to be present during your consultation, please inform the receptionist.

## Out of Hours

From the 3 October 2018 your new OOH number will be **111**. If phoning from a mobile you may be unable to connect to this number - you will then need to phone **0345 46 47** instead.

## Practice Closures

Both Hay and Talgarth Medical Centres will be closed for staff training on

**Thursday 4<sup>th</sup> October between 12.30pm and 2.30pm**

If you need a Doctor during this time please phone

**01497 822100 or 01874 71300**

**AND**

**Wednesday 14<sup>th</sup> November 2018 between 1pm-6.30pm**

If you need a Doctor during this time please phone

**0333 2226655**

**Please note all telephone calls to or from Haygarth Doctors are recorded for Training and Quality purposes**

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### **Staffing changes**

Farewell to

Annie Howard, Practice Nurse who retired in July 2018

Dr Bethan Pritchard  
Registrar

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### **Future editions**

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

**From 3<sup>rd</sup> October the new out of hours number is 111**

**Until then please continue to use**

**Shropdoc out of hours contact number**

**0333 2226655**

## **Flu Vaccinations**

Flu Clinics will be held at both Hay and Talgarth Medical Centres throughout October and November. Please book your appointment now.

You are eligible for a flu vaccine if you fall into one of the below categories:-

- Aged 65 years & over
- Pregnant ladies
- Chronic heart, kidney, or liver disease
- Asthma/COPD
- Diabetes
- Obesity (BMI 40+)
- Chronic neurological condition (ie stroke)
- Lowered immunity due to disease such as cancer or treatment with steroid/immune suppressing medications or have no spleen
- Living in long term residential/nursing home
- Frontline healthcare workers & carers

### **Flu vaccinations for children**

- Children aged 2 & 3 on 31 August 2018 (born between 1.9.14 & 31.8.16) *should attend their GP surgery*
- Children aged 4 on 31 August 2018 (born between 1.9.2013 & 31.8.14) and children in school years 1,2,3,4,5 & 6 *should receive their vaccination in school*
- Children aged 2 to 17 with long term health conditions should attend the GP surgery.

The majority of children will receive the vaccination by nasal spray.

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## **Shingles vaccine**

From 1st April 2018 anyone born between 02/09/42 and 01/09/48, or between 02/09/38 and 01/09/41 is eligible for a shingles vaccine. Those who are within eligible groups may receive their vaccine up until the day before their 80th birthday.

The shingles vaccine is given as a single injection.

## **Pneumococcal vaccine**

If you are 65 or over, or aged 2 to 64 years with a chronic disease you are eligible for a pneumo jab known as the pneumococcal polysaccharide vaccine (PPV). This one-off vaccination is very effective at protecting you against serious forms of pneumococcal infection.

## **Men ACWY**

Teenagers and "fresher" students going to university for the first time are advised to have a vaccination to prevent meningitis and septicaemia, which can be deadly.

Appointments for any of the above vaccines are available at both Hay and Talgarth Medical Centres, please contact reception to make your appointment now.