

Welcome to

Autumn/Winter 2020



Visit our website: www.oakfieldshealthgroup.co.uk

The Flu Vaccination....who should have it and why

Flu can affect anyone but if you have a long-term health condition the effects of flu can make it worse even if the condition is well managed and you normally feel well. You should have the flu vaccine if you are:

- pregnant

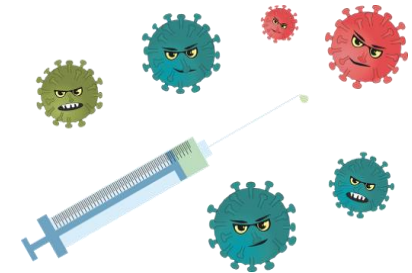
or have one of the following long-term conditions:

- a heart problem
- a chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma
- a kidney disease
- lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
- liver disease
- had a stroke or a transient ischaemic attack (TIA)
- diabetes
- a neurological condition, eg multiple sclerosis (MS), cerebral palsy or learning disability
- a problem with your spleen, eg sickle cell disease, or you have had your spleen removed
- are seriously overweight.

Who should consider having a flu vaccination?

All children and adults who have any condition listed previously, or who are:

- aged 65 years or over
- living in a residential or nursing home
- the main carer of an older or disabled person
- a household contact of a shielding/immunocompromised person
- a frontline health or social care worker
- aged two and three (i.e. born on or after 1 September 2016 and on or before 31 August 2018).



We will contact you via text message or letter if you are eligible for a flu vaccine

NHS County Durham CCG....Painkillers don't exist campaign

The North East has the highest prescribing rate for opioids and gabapentoids in the UK:

- 55,000 prescriptions across County Durham every month
- 8,000 patients a month on a risky combination of the 2 drugs

Examples of painkillers:

- Co-codamol / Codeine / Tramadol / Morphine / Oramorph / Fentanyl patches. Pregabalin / Gabapentin

This campaign raises awareness of the dangerous effects of long-term high dose pain medication, with the following messages:

- Long-term pain medications don't kill pain, they mask it
- Prolonged use of pain medication can leave lasting damage
- Side effects may include nausea, headaches, stomach pains, anxiety, changes in personality and **ADDICTION**
- If this issue affects you or anyone you know, please call your GP who is there to help

Things you can do

- Visit the website – www.painkillersdontexist.com
- Share the CCG media messages and tell people about the campaign
- If you or a family member are affected then consider discussing the problem with your GP



Mental Health Crisis Services

Whatever your age, if you are experiencing a mental health crisis you can call TEWV crisis services on single point of access telephone number 0300 0200317. The line is available 24 hours a day, seven days a week, for those living in County Durham.

People with learning disabilities and/or autism can also contact crisis services using this number.

Advice and information which may be helpful in a mental health emergency is also available here: www.tewv.nhs.uk/crisisadvice.



Prescription queries

Please note the following change to **prescription queries** at Oakfields Health Centre and Dipton Surgery:

Oakfields Health Centre – if you have a prescription query please ring 01207 560206 between 10am and 3pm and press 1

Dipton Surgery – if you have a prescription query please ring 01207 571222 between 10am and 3pm

If you need to **order your prescription**, please use the systmonline ordering service via our website www.oakfieldshealthgroup.co.uk Prescription requests will not be taken over the phone.