KEITH HEALTH CENTRE

AUTUMN NEWSLETTER

SEPTEMBER 2016



**KEITH FLU DAY**

**It’s that time of year again! In order to prevent as many of you as possible getting the flu Keith Health Centre will be hosting its annual flu day on:**

**SATURDAY 22ND OCTOBER 2016 FROM 10AM – 4PM.**

**All eligible patients (all patients aged 65 and over, all patients under 65 with chronic illness) are invited to attend for a free flu jab.**

**The Patient Participation Group have organised free tea/coffee and pancakes in the St Rufus Hall. Tesco are contributing the food as well as a FREE RAFFLE. Local groups will also have stalls and information about various activities and services available locally to help you maintain your health and well being.**

**LATEST NEWS!**

**To all our patients – thank you for your understanding and patience during the recent change of our telephone number (0345 337 9944). We realise change is not easy for patients who have used the same number for years.**

**Please be assured the new number incurs no extra charge and allows the practice to improve its call handling service. This includes being directed to the right person to deal with your enquiry and always getting a reply. We hope you have noticed the improvement!**

**TRAVEL ADVICE**

It’s that time of year again! Please remember you require a **minimum of 6 weeks** between your appointmentfor travel advice and date of travel**. Please book your appointment at the health centre in plenty of time!**

Alternatively: you can use the Travel Health Clinic @ Maryhill House, 317 High Street, Elgin. IV30 1AJ.

GO Health Services ( subsidiary of NHS Grampian) offers a travel clinic service at a competitive cost.

Tel: 01343 576386 between 09.00 – 16.00

Email: grampianohs@nhs.net

Website: [www.gohealthservices.com](http://www.gohealthservices.com)

Plus: Duke Street Pharmacy in Huntly offers a Travel Health Clinic.26 Duke Street, Huntly AB54 8DL

Tel: 01466 792141

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| **Remember to use our website if you require any relevant information on the practice or you wish to update your contact details or use our on line prescription service!**  websites[1]  **www.keithhealthcentre.co.uk** |

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| **Keep yourself well!**  As we approach the winter season it is important to look after yourself – make sure you are eating enough fruit and vegetables, taking some daily exercise and making sure you know who to ask for help. A friend or relative may be able to advise, your local community pharmacist has an excellent minor ailments service, websites such NHS inform are always useful as a starting point?  [www.nhsinform.co.uk](http://www.nhsinform.co.uk)  Telephone 0800 22 44 88  Community pharmacists  **The pharmacy is an accessible health resource for you and your family. Everyone can get advice from a pharmacist and buy medicine for a minor ailment or illness.**  **There is a service, available from every pharmacy in Scotland, called the NHS Minor Ailment service.**  **www.nhs24.com/findlocal/** |