

DR LYON & PARTNERS

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## PRACTICE NEWS SEPTEMBER 2017



### FLU VACCINATIONS

Flu vaccinations are available for all patients over 65, patients with chronic diseases such as Asthma/COPD, Diabetes, Heart Disease, Renal Disease, Stroke, Chronic Liver Disease, Multiple Sclerosis, pregnant women and patients with low immunity e.g. no spleen, receiving cancer treatment and carers.

**PLEASE BOOK YOUR APPOINTMENT AT RECEPTION**

**DO NOT BOOK a separate appointment for your flu vaccination if you are seeing the GP or Nurse anytime throughout the flu season, you can be vaccinated in the one appointment.**



### Staying Well Co-ordinator

Mary Moss is the Staying Well Co-ordinator working with Dr Lyon & Partners. Mary invites our eligible patients for a Staying Well check at your home or at another place if you prefer. The Staying Well check involves a discussion around twelve areas of life that may have an effect on your health and well-being. Examples of these areas are:

- **Health-** lifestyle choices; health conditions; memory
- **House and home-** home repairs; adapting your home; heating costs
- **Hobbies and interests-** local groups; meeting new people; learning a new skill
- **Personal care and daily tasks-** managing household chores; preparation of food; washing and dressing
- **Getting out and about-** using public transport; driving; sitting and standing

If you could benefit from some help or support, Mary can provide you with information, or help you to access local services. The information provided may enable you to explore more ways to enjoy the things in life that matter to you. Your GP recommends that you should take up the invitation for a Staying Well check if you receive one.



**Are you looking after someone? Do you care for a family member who is elderly, ill or who has a disability? Who looks after you?**

**Dr Lyon & Partners** is asking all carers registered at the practice to let the practice know if they are a carer - just let **our receptionists know or ask for Natasha our carers lead** that you are a carer and you will receive information on the free support and advice available to you in Bolton.

Caring for a family member can be very rewarding and satisfying. At times though, it can be exhausting and stressful. Many carers have little time to themselves. Carers are therefore prone to poor health, which can become worse due to lack of time available to see a doctor or pharmacist.

**Our practice offers carers an Annual Health & Wellbeing check, please book an appointment at reception.**



## **ONLINE SERVICES**

**Did you know that Dr Lyon & Partners provides the following online services?**

### **Prescriptions**

Order a repeat prescription

### **Appointments**

Access the Appointment System to book and cancel appointments

### **About You**

Let us know if your name or contact details have changed  
Help us to keep your clinical record up to date e.g. smoking status.

Take our latest patient surveys

### **Staying Informed**

Sign up for our practice newsletter.

### **Access to Medical Records.**

Sign up to have access to and view your medical records.

**To use these services you will need to register for online services. If you wish to register for online services and have not already done so, please ask one of our receptionists who will be happy to help you.**