



# Burton Latimer Medical Centre

## Winter Newsletter 2018



### KEEP ANTIBIOTICS WORKING

A national health campaign Keep Antibiotics Working has been launched to reduce the over prescribing of antibiotics.

Bacteria are becoming increasingly resistant to antibiotics and there is a growing need to reverse this trend.

But there are a few simple things that everyone can do:

- If your doctor or prescriber says you don't need antibiotics, trust their advice! Often minor illnesses will clear up on their own in 1-2 weeks; they don't always need treatment with antibiotics.

If you (or your child) are prescribed an antibiotic make sure:

- You take it for the correct number of days as advised by your doctor or pharmacist. Don't stop early, even if you feel better.
- Take doses as the right time. Some antibiotics are affected by food, drink and other medication, so they need to be taken at the right time to be effective.
- Return any unused antibiotics to a pharmacy for safe disposal. Don't be tempted to start taking leftover antibiotics if you feel unwell, even if your symptoms are the same as last time. It is important your infection gets diagnosed and you receive the right antibiotic – not all antibiotics will work for all types of bacteria.

### ORDERING PRESCRIPTIONS

It is important that patients plan ahead when ordering prescriptions as it can take up to a working week to raise your prescription and then for the chemist to prepare your order.

The Pharmacy in Finedon and Lloyds Chemist have asked us to remind you that they will be closed on the 25<sup>th</sup>, 26<sup>th</sup> December and the 1<sup>st</sup> January so there could be a longer wait for medication to be ready.

Please plan ahead.

### KETTERING HUB

If you need an appointment out of hours (evenings and weekends) then please ask the for Kettering HUB when you make your appointment.

For further details please visit their website  
[www.ketteringhub.co.uk](http://www.ketteringhub.co.uk)

### STAY IN TOUCH

If you would like to receive this newsletter via email. Please give your email address to one of our receptionists and they will add you to our newsletter database.

## FLU JAB UPDATE

Flu vaccinations are still available for our patients that are under 65 and fit into one of the following categories;

- pregnant
- adults with an underlying health condition (such as long-term heart or respiratory disease)
- adults with weakened immune systems
- adults with diabetes

Anyone in these risk groups is more likely to develop potentially serious complications of flu, such as pneumonia (a lung infection), so it's recommended that they have a flu vaccine every year to help protect them.

Please call the surgery to book your appointment.

## SAD NEWS

It is with great sadness that the Partners wish to notify patients that Lynda, our HCA passed away on the 10<sup>th</sup> November.

Lynda loved her job and her warm, positive, fun personality was infectious to all that knew her.

## CHRISTMAS & NEW YEAR OPENING SCHEDULE

Monday 24 December	08:00 to 18:30 (doors close at 18:00)
Tuesday 25 December	Closed
Wednesday 26 December	Closed
Thursday 27 December	08:00 to 18:30 (doors close at 18:00)
Friday 28 December	08:00 to 18:30 (doors close at 18:00)
Saturday 29 December	08:00 to 10.30 (by appointment only)
Sunday 30 December	Closed
Monday 31 December	08:00 to 18:30 (doors close at 18:00)
Tuesday 1 January	Closed

Everyone at Burton Latimer Medical Centre would like to wish all our patients a very Merry Christmas and a happy and healthy New Year.