

UPDATED FOR  
**WINTER**  
2020

# Important information to Help you Stay Well This Winter

## Inside this leaflet

- Why you should have a flu vaccine
- GP appointments in Bromley
- Check if you need a shingles and pneumococcal vaccination
- Use the right service at the right time

[www.selondonccg.nhs.uk](http://www.selondonccg.nhs.uk)

**Dr Jon Doyle,**  
Bromley GP



## It's not 'just the flu' – protect yourself and those around you by having the flu vaccination.

**Each year the flu kills on average 11,000 people and hospitalises thousands more.**

This year it's more important than ever for people at risk to get their free flu vaccine. By having the flu vaccination, you will help protect yourself and others from what can be a severe, and sometimes fatal illness, which could lead to hospital treatment. The flu spreads from person to person, even amongst those not showing symptoms.

This winter, many more people are eligible to have the free flu vaccine. As well as vaccinating those most at risk, **from 1 December people aged between 50 and 64** who are not in a clinical at-risk group can have a free flu vaccination, providing there is enough vaccine available. This is to ensure that those who are most at-risk are vaccinated first.

If you're over 65, have a long-term health condition, are pregnant or you're in a shielding household, speak to your GP or pharmacist to get a free flu vaccine. You can book online with your local pharmacist at **myvaccinations.co.uk**.

**"Flu is a very infectious disease with symptoms that can come on very quickly and is more common in the colder months",** explains Dr Jon Doyle, Bromley GP. **'The most effective way to protect yourself and those around you is by having the flu jab. The flu spreads from person to person - even amongst those not showing symptoms. Staying as healthy as you can during the winter months, can also reduce the risk of health complications.**

A flu vaccine is available for free on the NHS for:

- ▶ **Anyone aged 65 or over**
- ▶ **Anyone with a long term condition such as a heart, chest or spleen problem, kidney or liver disease, a neurological condition or diabetes**
- ▶ **Pregnant women**
- ▶ **Anyone with a weakened immune system**
- ▶ **Carers of an older or disabled person**
- ▶ **Those who live with people who are on the shielded Coronavirus list**

For more information about who should have the flu vaccine visit:  
**[www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine/](https://www.nhs.uk/conditions/vaccinations/who-should-have-flu-vaccine/)**

Children aged 2-3 can get a free nasal spray at their GP. School aged children up to year 7 will be offered the vaccine at school – if you have an eligible child, please make sure they get it to help stop the spread of flu.

Flu can be very unpleasant for children, with potentially serious complications, including bronchitis and pneumonia.

Find out more by visiting  
**[www.nhs.uk/conditions/vaccinations/child-flu-vaccine](https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/)**

**All of our Bromley flu clinics have infection control measures in place so you can be vaccinated safely. This includes social distancing, handwashing and protective equipment’.**

**Dr Jon Doyle, Bromley GP**



# Who is eligible for pneumococcal and shingles vaccinations?

## Shingles vaccinations

**A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to people in their 70s.**

The shingles vaccine is given as a single injection into the upper arm. Unlike the flu vaccine, you'll only need to have the vaccination once and you can have it at any time of the year.

Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. Shingles is also fatal for around 1 in 1,000 over-70s who develop it.

### Who can have the shingles vaccination?

- ▶ You're eligible for the shingles vaccine if you are aged between 70-79 years old.
- ▶ A small number of patients may not be eligible for the shingles vaccination and your practice will advise you.

- ▶ If you are eligible for a shingles vaccination, please contact your GP surgery to arrange an appointment to have one.

### How do I get the shingles vaccine?

- ▶ Once you become eligible for a shingles vaccination your doctor will vaccinate you when you attend the surgery for general reasons, or for your annual flu vaccination.
- ▶ If you are worried that you may miss out on the shingles vaccination, contact your GP surgery to arrange an appointment to have one.

Find out more by visiting  
**[www.nhs.uk/conditions/vaccinations/shingles-vaccination](http://www.nhs.uk/conditions/vaccinations/shingles-vaccination)**

## Pneumococcal vaccinations

**The pneumococcal vaccine protects against serious and potentially fatal pneumococcal infections. It's also known as the pneumonia vaccine.**

Pneumococcal infections are caused by the bacterium *Streptococcus pneumoniae* and can lead to pneumonia, septicaemia (a kind of blood poisoning) and meningitis.

At their worst, these infections can cause permanent brain damage, or even kill.

### Who should have the pneumococcal vaccine?

A pneumococcal infection can affect anyone. But some people are at higher risk of serious illness, so it's recommended they're given the pneumococcal vaccination on the NHS.

### These include:

- ▶ babies
- ▶ adults aged 65 or over
- ▶ children and adults with certain long-term health conditions, such as a serious heart, lung or kidney condition

Find out more about who should have the pneumococcal vaccine by visiting **[www.nhs.uk/conditions/vaccinations/pneumococcal-vaccination](http://www.nhs.uk/conditions/vaccinations/pneumococcal-vaccination)**



Cheril Sowell, Nurse

# GP services in Bromley during the evenings and at weekends

**Bromley GPs provide more patient appointments in the evenings and at weekends. These extended services are available from 4pm to 8pm on weekdays, 8am to 8pm at weekends and provided from five hubs across the borough.**

In winter, we provide more GP appointments. If your need is urgent and there is no appointment available within your practice, you will be offered an appointment at one of the hubs (you will still be registered with your practice for future appointments).

Hubs are located in Beckenham, Bromley, Mottingham and Orpington. If you need to see a GP urgently when your practice is closed, please call 111.

Rather than phoning your practice, you can use the NHS App to get information and or use econsult to contact your GP. **Information is available on your practice website.**

## Bromley Well

**Bromley Well provides help for you to stay emotionally and physically well and remain independent.**

For further community support on keeping well and staying warm this winter, contact Bromley Well on **0300 330 9039** or email **[spa@bromleywell.org.uk](mailto:spa@bromleywell.org.uk)**

For more information visit: **[www.bromleywell.org.uk](http://www.bromleywell.org.uk)**

**Before your visit to local care settings please check restrictions, including mask and social distancing.**



**HANDS**



**FACE**



**SPACE**



**You can be prepared** for common illnesses by keeping a well-stocked medicine cabinet at **home**.



**Call NHS 111 to arrange** an appointment for medical help in a non life-threatening situation. Services include GPs, pharmacists, Urgent Treatment Centres and A&E.



**Ask your local pharmacist** for advice for many common minor illnesses, such as diarrhoea, minor infections, headache or sore throats.



**Make an appointment with your GP** if you're feeling unwell and it's not an emergency. GP appointments are available from 8am to 8pm, seven days a week.



**If you have an urgent healthcare need** which can't wait until your GP surgery is open, please call 111 first. The 111 clinician will book you into a timed appointment at the **Urgent Treatment Centre** or A&E if appropriate.

Beckenham Beacon

Princess Royal University Hospital



**Call 999** if you or someone else is seriously ill or hurt and their life is in danger.





# Think you need medical help right now?

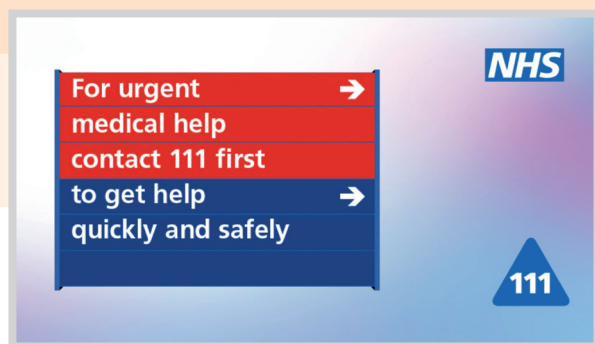
## Urgent and emergency care in the right place, at the right time with NHS 111 First

Contact NHS 111 online or by phone first, before going to a hospital Accident and Emergency department if you have an urgent, but not life-threatening medical need.

From 1 December, NHS 111 will be able to arrange an urgent face-to-face A&E appointment. NHS 111

can also make direct appointments for non life-threatening situations with a variety of health services including Urgent Treatment Centres, GPs, pharmacists and mental health crisis services.

So, if you think you need urgent medical help, **call 111** or go online at **[www.111.nhs.uk](http://www.111.nhs.uk)**



## Ways to get in touch with us

NHS South East London  
Clinical Commissioning  
Group (Bromley office)  
Global House  
10 Station Approach  
Bromley BR2 7EH

 020 3930 0100

 [Broccg.contactus@nhs.net](mailto:Broccg.contactus@nhs.net)

 [www.selondonccg.nhs.uk](http://www.selondonccg.nhs.uk)

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