



Flu Vaccinations

We shall be administering flu vaccinations from 20th September 2017 onward

The flu vaccination is available to people over the age of 65 and those with long-term conditions, for example asthma, diabetes and heart conditions

Flu appointments can be booked online. If you are unsure of your eligibility please check with reception.

Tracy Leaving for Pastures New

Practice Nurse Tracy Watson is leaving us after 9 years working at Ilkley Medical Practice. From October, she and her family will be packing up and leaving Ilkley and moving down under to the sunnier climes of Australia. On behalf of ourselves and our patients, best wishes Tracy from all , we shall miss you.



Organ Donation Week

Between the 4-10th September is Organ Donation Week. Currently there are over 6000 people waiting for organ transplants in the UK, however only around 5000 people die in circumstances where their organs can be donated.

Anyone can join the organ donor register, regardless of age and most medical conditions. It's also really quick and easy to do!

Call **0300 123 2323** or visit www.organdonation.nhs.uk/



Autumn
2017

Ilkley Moor Medical Practice



STRESS CONTROL COURSE

Do you want to learn how to control your stress and anxiety more effectively? Come to a series of six free classes to listen and learn more. Classes will aim to give you tools and techniques based on Cognitive Behavioural Therapy, to help manage stress and anxiety.

NEXT COURSE: Tues 24th October 2017

To find out more or book a place, contact:

My Wellbeing College Tel: 0300 555 5551 9am—5.30pm



Autumn 2017 Newsletter

Movember Men's Health Awareness Month

Each year, **Movember** is responsible for thousands of moustaches on men's faces around the UK and the world during November. The aim of Movember is to raise vital funds and awareness for men's health, specifically prostate cancer and mental health.

For more information about **Movember** and how to help support the charity

Visit <https://uk.movember.com/?home>

Call **020 7952 2060**



Prescription Ordering

You can order prescriptions online by registering for online services, ask at reception for more information about this

You may also request prescriptions in writing:

- By putting the request in the repeat prescription box at reception
- Via Post
- If the surgery is closed, you can post them through the letter box on the main door

Unfortunately, **we are unable to accept prescription requests over the phone** as we need a written record of what was requested.

Please allow 3-4 working days for processing before collecting from the pharmacy.