

Welcome to our very first newsletter! We'll be sending this out regularly so that you're kept up to date with the services we offer at SurreyGP. It's also a chance for you to get to know the team better and find out what's new in the medical world. We'd love to know what you think!

## Meningitis B - Is your child protected?

2-5 months	4 vaccines
6-23 months	3 vaccines
2 yrs+	2 vaccines

Did you know that Meningitis B is the leading cause of bacterial meningitis in children and adolescents?

Meningitis B is a bacterial infection of the meninges, the delicate lining around our brain which can cause brain damage and limb loss in around 1 in 4 people. Bexsero® is a new vaccine protecting all age groups, which means that you don't have to leave it to chance; you now have a choice! The Department of Health has recommended this vaccine but introducing it via the NHS could be a slow process – and children over 2 months will not be eligible. To protect your children, why not give them this vital vaccine NOW? Depending on your child's age they will need 2, 3 or 4 vaccines – check the chart above.

The great thing about the vaccine is that it can be administered at the same time as other useful and important vaccines such as Chickenpox or travel jabs. As Dr Lewis says, "As soon as the vaccine became available, I gave my three children the jab; much better to be safe than sorry!"

## Meningitis W - Is your teenager protected?

In the last few weeks the Department of Health has reported a large rise in the number of teenagers suffering from Meningitis W.

There's a plan to roll out a nationwide vaccination programme for teenagers but no start date has yet been announced. We're ahead of the game and are delighted to be able to offer this vaccine NOW - only one shot is needed. It is suitable for all teenagers especially those embarking on a university course and children of any age can be vaccinated.

If your children are flying the nest and off to college this autumn, call us now and book your Meningitis W vaccine with one of our friendly doctors.

Appointments always available

Call **01483 230481** or book online **WWW.SURREYGP.COM**



## Ask 'The Doc'...

**What have you been focusing on at SurreyGP?**

"Keeping people healthy and happy is our priority. Excellent customer service is our mantra. Our medicine will always be good, but our goals are providing unsurpassed levels of satisfaction and service which you can't wait to tell your friends and family about!"

**Any family news?**

Our eldest is sitting her GCSEs this summer so we're looking forward to a relaxing family break in the south of France afterwards. I must check we are up to date with our travel jabs!"

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## Summer Holiday – are your vaccines up to date?

Protect yourself against diseases such as Hepatitis A&B, Typhoid, Meningitis & Rabies.

If you're travelling outside of Western Europe, make sure you're up to date with Diphtheria, Tetanus and Polio and Hepatitis A vaccines – ideally at least 4 weeks before you travel. Don't worry if you've left it a little late, or are taking a last minute trip. We can offer you an appointment on the same day and we'll have the vaccines in stock –that's a promise. We're good with children too – we can vaccinate the whole family, at the same time for convenience and peace of mind. We'll also keep a record of your jabs for future reference, give you a completed vaccination booklet and call you for top ups and boosters when appropriate.

Going further afield? We are a registered Yellow Fever vaccination centre so we can take care of the certification required for entry into countries like Ghana, Kenya, and South America. We will organise your malaria medication too. Don't get caught out if you're visiting family or friends – it's still vitally important to get vaccinated.

Stay safe this summer with the SurreyGP Travel Service:

- Friendly advice
- Same day appointments with vaccines guaranteed to be in stock
- Whole family/ business travellers/ student backpackers welcome

## In your words...

*“Great, as always and completely reassuring.”*

*“I can't be sufficiently grateful to Dr. Lewis for her kindness, clarity and compassion. Chloe is delightful too, calm and helpful.”*

*“It was so nice to sit with a doctor and not get the feeling that they were looking at the clock.”*

## Did you know...?

University of London researchers have found a clear link between UV levels and the prevalence of chickenpox. Don't rely on our erratic weather - you can protect your children with a simple vaccination.

Shingles vaccines are available now for the over 50s.

BCG is not routinely given like it was “in the old days” – we have specially trained doctors who can test for and administer the vaccine for your peace of mind.



## Meet the team!

**Chloe has been working for SurreyGP for the last 16 months and is known locally as the most efficient worker on the planet!**

She has also been helping new recruit Danielle to find her feet here in our busy office. Chloe has a one year old dog called Millie and loves flower arranging. Hers will be the face that greets you at the door, and she'll help you book your next appointment and answer any questions. Chloe would most like to invite Michael Bubl  over for dinner and would cook him lasagne, with garlic bread - oh, and pancakes for dessert!

## Next Time: September

**Danielle goes Dutch!**

**Get clued up, not flued up: advice on flu jabs and pneumonia**

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