

Newsletter

Flu vaccinations

The flu vaccine is a safe and effective vaccine. It's offered every year on the NHS to help protect people at risk of flu and its complications.

The best time to have the flu vaccine is in the autumn before flu starts spreading. But you can get the vaccine later.

Flu vaccine and coronavirus (COVID-19)

[Flu vaccination](#) is important because:

- if you're at higher risk from coronavirus, you're also more at risk of problems from flu
- if you get flu and coronavirus at the same time, research shows you're more likely to be seriously ill
- it'll help to reduce pressure on the NHS and social care staff who may be dealing with coronavirus

If you've had COVID-19, it's safe to have the flu vaccine. It'll be effective at helping to prevent flu.

[Find out about the children's flu vaccine](#)

Who can have the flu vaccine?

The flu vaccine is given to people who:

- ◆ are 50 and over (including those who'll be 50 by 31 March 2021)
- ◆ have certain health conditions
- ◆ are pregnant
- ◆ are in long-stay residential care
- ◆ receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
- ◆ live with someone who's at high risk from coronavirus (on the NHS shielded patient list)
- ◆ frontline health or social care workers



Keep an eye on our [website](#) and Facebook pages for information about our Flu Clinics—dates and times will be published soon!

STOP THE SPREAD OF GERMS



CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

Changes have been made to make sure it's safe for you to have the flu vaccine at GP surgeries and pharmacies.

These changes include social distancing, hand washing and wearing protective equipment.

It's important to go to your appointments unless you or someone you live with has [symptoms of coronavirus](#).

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In-house Occupational Therapist

We now have an Occupational Therapist, Melanye, who will be working with us every Monday.

Occupational therapy aims to improve your ability to do everyday tasks if you're having difficulties.

Occupational therapy can help you with practical tasks if you:

- ◆ are physically disabled
- ◆ are recovering from an illness or operation
- ◆ have learning disabilities
- ◆ have mental health problems
- ◆ are getting older

Occupational therapists work with people of all ages and can look at all aspects of daily life in your home, school or workplace.

They look at activities you find difficult and see if there's another way you can do them.

If you would like to have an appointment with melanye, either face to face or over the phone, please give us a call.



In-house Podiatrist

We are pleased to announce that we will shortly have an in-house podiatrist joining our clinical team.

Their role will initially be to visit care homes and housebound diabetic patients, and then eventually to have a regular clinic for patients to book in to.

We will update our website and Facebook pages to let patients know when they can make appointments.





September is [Childhood Cancer Awareness Month](#), and is symbolised by a gold ribbon, worn to commemorate the event.

This is an annual international awareness month to raise support, funding and awareness of childhood cancers and the impact for sufferers and families of sufferers of childhood cancer. It was founded in 2010 by former US President Barack Obama and is mainly run in the form of awareness events by cancer charities.

Childhood cancer is devastating to growth and development in children, and devastating to their families and friends. At a time when young people should be focusing on school, play and socialising, if they have cancer, their focus can be on medication, operations, and what life they have left.

Parents of childhood cancer sufferers have the anguish of watching their children suffer, and the stress of decisions on medications and treatments as well as decisions on time of work for themselves and time off school for the child, and worst, trying to explain to a child what is happening to them and answering the resulting questions on life and faith, and worst of all is the loss of a child to cancer, a devastation that can never be put right.

Some forms of cancer are mainly or exclusively only seen in children, and that is something highlighted by the awareness month. Children can be more resilient to cancer and cancer treatments than adults, and there are many cases of triumph and complete recovery, where children make a complete recovery and grow up to normal life.

But awareness, education and support are vital, which is why Childhood Cancer Awareness Month is also vital.

Supporting

**Children with
Cancer UK**

Keeping families together



September - World Alzheimer’s Month

World Alzheimer’s Day takes place on 21 September and is part of [World Alzheimer's Month](#). This year, we’re talking about dementia – and urging everyone to join in the conversation by becoming Dementia Friends.

“Let’s talk about dementia”

This World Alzheimer's Month, we are highlighting the importance of talking about dementia. We want to raise awareness of how it impacts the daily lives of people affected by the condition and challenge the stigma that surrounds it.

Receiving a dementia diagnosis can leave a person feeling very alone.

We have also spoken to primary carers who feel isolated since their loved one received a diagnosis. But you are not alone — [Alzheimer's Society](#) is here to [support you](#).

Let's shine a spotlight on dementia and highlight how taking the time to talk about dementia can have a huge impact for people affected by it.



[Dementia Connect](#), Alzheimer's Society's dementia support service, is free, easy to access, and puts you in touch with the right support. From local help to phone and online advice.

If you need specific coronavirus support and advice, please visit our [coronavirus \(COVID-19\) support pages](#).

Alzheimer’s Society’s dementia advisers can support you directly by phone or face to face, as well as connect you to a range of local services.

Our dementia advisers are available on the phone to give you the support you need. Call us for support on **0333 150 3456**

Support line opening hours

Monday - Wednesday	9:00am - 8:00pm
Thursday - Friday	9:00am - 5:00pm
Saturday - Sunday	10:00am - 4:00pm

Puzzle Time

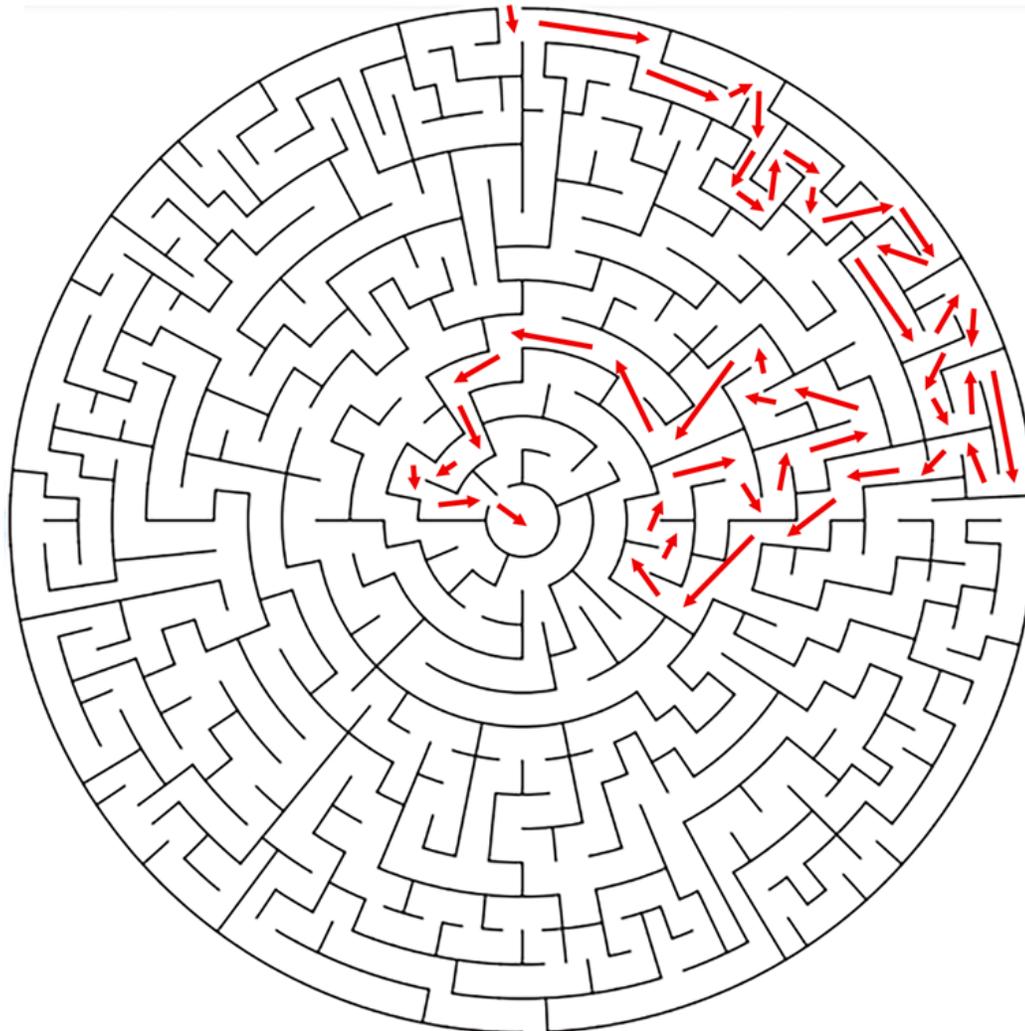
We hope that you enjoyed last months Sudoku and the maze puzzle. The answers are shown right and below.

We also asked you to solve three anagrams:

- 1. carotid road Doctor Radia
- 2. parroted cork Doctor Parker
- 3. blondies face Beaconsfield

4	8	5	3	7	6	1	9	2
6	7	3	2	1	9	8	4	5
1	2	9	5	4	8	6	3	7
3	6	2	1	9	5	4	7	8
8	1	7	4	2	3	5	6	9
5	9	4	6	8	7	2	1	3
9	4	8	7	6	2	3	5	1
2	3	6	9	5	1	7	8	4
7	5	1	8	3	4	9	2	6

Answers



This is the solution to the print out and try maze

Puzzle Time - September

This month we have some brain benders for you to puzzle out.

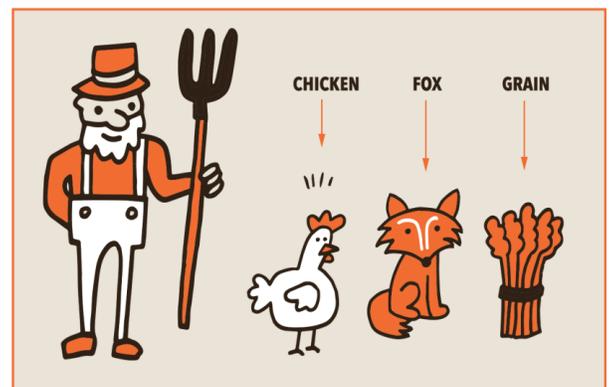
- Two professional athletes decided to work out together. At exactly 6:00pm, they began their workout at their gym. One ran 10 miles at 10 miles per hour, and one cycled 6 miles at 6 miles per hour. Then they both ran at 2.5 miles an hour for 15 minutes. The athletes never took any breaks, and they started at the same time and place. How is it possible that they both finished at exactly the same spot?

- The first one was easy. This one will make you think for a bit.

Two boys decided to have a race. They are both really fit and energetic. They race over 100 meters. Boy A, the fitter of the two finishes 10-meters ahead of his friend. Boy B demands a rematch and says that boy A needs to start 10-meters behind the start line so that the race is fair. They race again at exactly the same pace but boy A wins again. How is this possible?

- Another easy one - If you have 5 potatoes and need to share them equally among 3 people, how do you do it? Two possible answers - can you guess them both?

- A farmer had to take a trip crossing a river. He had with him a fox, a hen and some seed. The boat was too small to take more than one thing with him at a time. If he left the fox and the hen behind, the fox would eat the hen. If he left the hen and the seed, the hen would eat the seed. How did he cross keeping all 3 items intact?



- Finally, one of my favourites....

You have a plastic bottle that holds 5 litres of water and another that holds only 3 litres of water. By filling and emptying the two bottles it is possible to end up with exactly 4 litres in the larger bottle. There are two ways to do this - can you work out both of them?



Answers next month!

Beaconsfield Group Practice - Tel: 01424 755355

Beaconsfield Road Surgery (Main site)

21 Beaconsfield Road, Hastings, East
Sussex, TN34 3TW

Open - By appointment only



Beaconsfield Ore Surgery Site (Satellite site)

21 Fairlight Road, Hastings, East Sussex,
TN35 5ED

Open - By appointment only



Little Ridge Surgery (Satellite site)

38 Little Ridge Avenue, St. Leonards-on-Sea,
East Sussex, TN37 7LS

Currently closed to all services



The telephone number for all surgeries is 01424 755355

Find us on the internet at
<https://www.beaconsfieldroadsurgery.co.uk>



...and on Facebook - Go to
<https://www.facebook.com>
and search for Beaconsfield Road Surgery Hastings