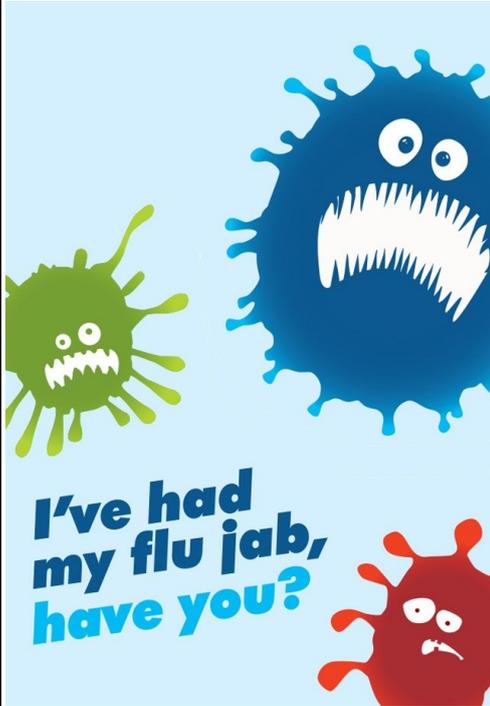


## YOUR DOCTOR RECOMMENDS YOU TO HAVE A FLU JAB BOOK NOW!



Flu vaccination is available every year on the NHS to help protect adults and children at risk of flu and its complications.

Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week.

However, flu can be more severe in certain people, such as:

- anyone aged 65 and over
- pregnant women
- children and adults with an underlying health condition (such as long-term heart or respiratory disease)

children and adults with weakened immune systems or 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 protect them.

- If you are eligible for the flu vaccine this year (2017-18) if you will be aged 65 and over on March 31 2018 – that is, you were born on or before March 31 1953. So, if you are currently 64 but will be 65 on March 31 2018, you do qualify.

### FLU PREVENTION TIPS



#### LAMBETH GP FOOD CO-OP - GARDENING GROUP

Calling all local gardening enthusiasts....the LWGP gardening group meets on Tuesdays between 2-4pm. Come and learn how to grow a variety of foods and meet new people!

#### Electronic Prescriptions Ser-



We provide the NHS Electronic Prescriptions Service which allows us to send prescriptions electronically to a pharmacy of the patient's choice. This makes the prescribing and dispensing process more efficient and convenient.

All of our local pharmacies are signed up to this service.

**Repeat medication:** Requests can be emailed in. Send your request with your full name, Date of Birth list of medication to

**[lambethwalkgp@nhs.net](mailto:lambethwalkgp@nhs.net)**

**Prescription will be ready in 48 hours** (please note this is Monday to Friday as we are not



Lambeth Walk Group Practice is online: **join us** Book appointments, request medication & view your records online 24/7

#### CONTACT US

**T** 0207 735 4412

**F** 0207 840 9489

**E** [lambethwalkgp@nhs.net](mailto:lambethwalkgp@nhs.net)

**A** 5 Lambeth Walk,  
London SE11 6SP

**SELDOC** - for urgent healthcare needs outside of normal operating hours: 0208 693 9066.