

# Evening and Weekend appointments now available in Shropshire



**We're here  
for you,  
for longer**

---

GP appointments are now available in your area during the evenings and at the weekend. To book an appointment, contact your practice. For more information, visit [nhs.uk/GPaccess](https://nhs.uk/GPaccess)

---

Your NHS, here for you.



Sunil Limaya, GP

The image is a promotional poster for NHS Shropshire. It features a blue background with a large, faint white hand icon pointing upwards. The text is white and arranged in a clear, readable layout. The NHS logo is in the top right corner. The main headline is 'We're here for you, for longer'. Below this, a horizontal line separates the headline from the main message. The main message states that GP appointments are now available in the area during evenings and weekends, and provides instructions on how to book an appointment. Another horizontal line separates the main message from the closing text, 'Your NHS, here for you.'. On the right side of the poster, there is a portrait of a man, Sunil Limaya, who is a GP. He is wearing a dark blue suit jacket, a light blue shirt, and a blue lanyard with a badge. The name 'Sunil Limaya, GP' is printed at the bottom right of the portrait.

# Flu Vaccinations 2018

We are now booking appointments for flu vaccinations, please speak to a member of staff today to book your free flu vaccination.

## Patients eligible for flu vaccination

**Pregnant**    **65 years or over**    **BMI>40**    **Asthma**  
**Chronic Liver Disease**    **Diabetes**    **Stroke**  
**Heart, kidney or lung condition**    **Carer**

Please ask a member of staff if you are unsure if you are eligible for a flu vaccination.



# What is flu?



Flu is an acute viral infection. It spreads easily from person to person, at home, at school, at work, at the supermarket, on the train.

It gets passed on when someone who already has flu coughs or sneezes and is transmitted through the air by droplets, or it can be spread by hands contaminated with the virus.

Symptoms can include fever, chills, headache, muscle pain, extreme fatigue, a dry cough, sore throat and stuff nose.

It is estimated that 10,000 deaths in England and Wales are attributable to influenza infection annually.

# Will a flu vaccination give me flu?

**No!**

All injectable available flu vaccines are inactivated and do not contain live viruses. One vaccine, an intranasal vaccination, contains live attenuated viruses that have been weakened and adapted. None of the influenza vaccines can therefore cause flu.

However, a flu vaccination can take up to 2 weeks to being working so it is possible to catch flu in this period.

Flu vaccination does not offer protection against the common cold, so you may still catch viruses circulating in your community.

Psst... It's Flu Season.  
Did you remember to  
wash your hands?



som<sup>ee</sup>cards  
user card

# Evening and Weekend appointments now available in Shropshire




**We're here  
for you,  
for longer**

---

GP appointments are now available in your area during the evenings and at the weekend. To book an appointment, contact your practice. For more information, visit [nhs.uk/GPaccess](https://www.nhs.uk/GPaccess)

---

Your NHS, here for you.



Sunil Limaya, GP

The image is a promotional poster for NHS Shropshire. It features a blue background with a large, faint white hand icon pointing upwards. The text is white and arranged in a clear, readable layout. The NHS logo is in the top right corner. The main headline is 'We're here for you, for longer'. Below this, a horizontal line separates the headline from the main message. The main message states that GP appointments are now available in the area during evenings and weekends, and provides instructions on how to book an appointment. Below this, another horizontal line separates the main message from the closing text. The closing text is 'Your NHS, here for you.'. On the right side of the poster, there is a portrait of a man, Sunil Limaya, who is a GP. He is wearing a dark blue suit jacket, a light blue shirt, and a blue lanyard with a badge. The name 'Sunil Limaya, GP' is printed at the bottom right of the portrait.

# FREE NHS Health Check

Helping you prevent heart disease, stroke,  
diabetes and kidney disease

Everyone between the ages of 40 and 74 who  
has not been diagnosed with the conditions  
mentions above will be invited for a check  
once every five years

See next slide to find out what happens at the  
NHS Health Check

# What happens at the NHS Health Check?

This check is to assess your risk of developing heart disease, type 2 diabetes, kidney disease and stroke.

- The check will take about 20-30 minutes
- We'll record your height, weight, age, sex and ethnicity.
  - We'll take your blood pressure
- We'll do a simple blood test to check your cholesterol level

To book your free NHS Health Check please speak to a member of the team for a appointment



# Evening and Weekend appointments now available in Shropshire



**We're here  
for you,  
for longer**

---

GP appointments are now available in your area during the evenings and at the weekend. To book an appointment, contact your practice. For more information, visit [nhs.uk/GPaccess](https://www.nhs.uk/GPaccess)

---

Your NHS, here for you.



Sunil Limaya, GP

The image is a promotional poster for NHS Shropshire. It features a blue background with a large, faint white hand icon pointing upwards. The text is white and arranged in a clear, readable layout. The NHS logo is in the top right corner. The main headline is 'We're here for you, for longer'. Below this, a horizontal line separates the headline from the main message. The main message states that GP appointments are now available in the area during evenings and weekends, and provides instructions on how to book an appointment. Below this, another horizontal line separates the main message from the closing text. The closing text is 'Your NHS, here for you.'. On the right side of the poster, there is a portrait of a man, Sunil Limaya, who is a GP. He is wearing a dark blue suit jacket, a light blue shirt, and a blue lanyard with a badge. The name 'Sunil Limaya, GP' is printed at the bottom right of the portrait.

# NHS Choices

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



We would like to hear your feedback.  
Please visit the website above to leave a  
comment.

All you need to do is go to the above  
website, enter our postcode SY5 9HT into  
'find local services', select Worthen Medical  
Practice and click on 'leave review'.



# Road Closure

We have been informed that the

**B4499 Minsterley to B4386 Brockton junction**  
will be closed from

**5<sup>th</sup> November until 14<sup>th</sup> December**

Please ensure you give yourself enough time to  
use the alternate routes and attend for your  
appointments on time.

Many thanks

# **WORTHEN MEDICAL PRACTICE**

**If you need urgent medical help or advice while we are closed please ring 111.**

**Alternatively please be aware that the Shropshire Walk-In Health Centre in Shrewsbury is open from 8 am to 8 pm every day of the year**

**Tel: 01743 261180**

**In an emergency please ring 999**