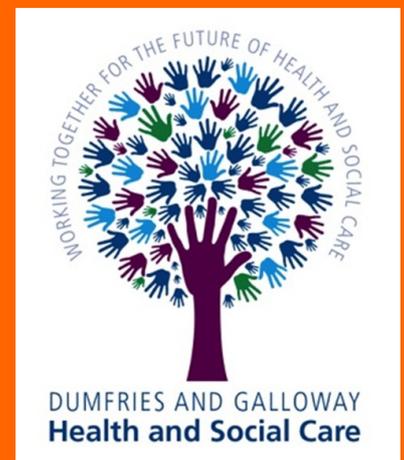


Health and Social Care Newsletter



Nithsdale Issue 25, October 2017

In the last issue, we looked at a few of the many social opportunities that are available locally. This month, we focus on getting ready for the winter, so that we can keep well — and stay active in both mind and body — all year round!

Flu Clinics

The annual flu vaccine helps protect against the strains of flu virus that are likely to be circulating each winter flu season, which lasts from October to March.

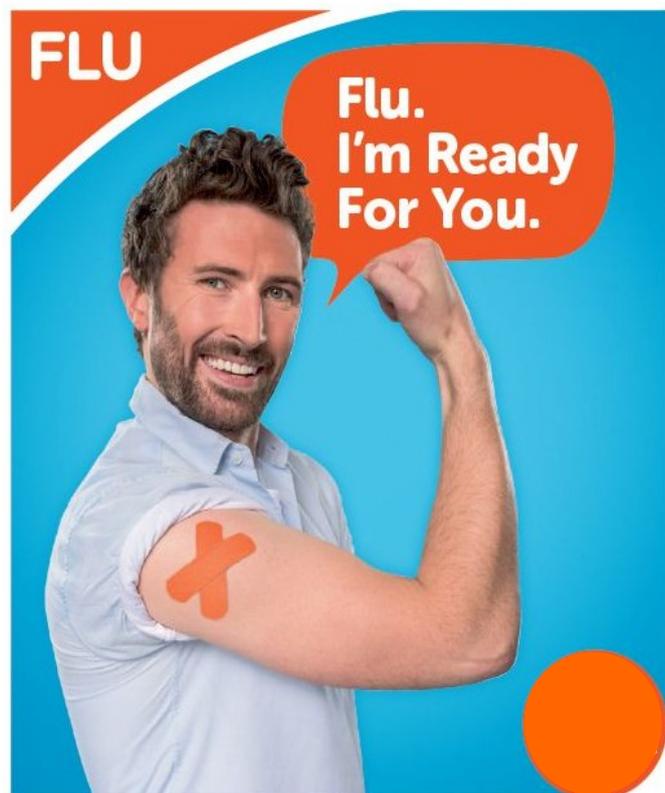
Every GP practice in Nithsdale makes their own flu clinic arrangements; contact your own surgery as soon as possible to make an appointment.

The vaccine is available free to:

- anyone with a long term condition
- people aged 65 or over
- pregnant women
- unpaid carers
- health care workers
- children age 2 - 5 years old
- primary age children (vaccination programmes in schools)

What if I am not in one of the eligible groups?

- If you are 16 years old or over and not in one of the eligible groups for the free flu immunisation, you can get the vaccine in many high street pharmacies for a small fee.



Health and Social Care services — working together to provide seamless care and to improve health & wellbeing in our community

Flu Clinics at St George's Church Hall

Gillbrae Medical Practice, Greyfriars Medical Centre and St Michael's Medical Centre will be holding their annual flu clinics at St George's Church Hall again this year. Can patients please contact their own surgery as soon as possible to make an appointment. The clinics will take place on:



Tue	Oct 10 th	9am – 4.30pm
Wed	Oct 11 th	8.30am – 4.30pm
Thu	Oct 12 th	8.30am – 4pm
Fri	Oct 13 th	8.30am – 3pm



Kelloholm Flu Clinic 1pm - 5pm on 4th & 11th Oct

Sanquhar Flu Clinic 1pm - 5pm on 5th & 12th Oct

Contact your GP practice as soon as possible to book your flu vaccination appointment!

Winter warmth

Home Energy Scotland is a source of free, clear and impartial advice from the Scottish Government on how to make your home cheaper to heat. More than a third of Scottish households have been offered advice by the free hotline since it started. To find out how much money you could save and receive your free home report call **0808 808 2282** or visit homeenergyscotland.org



You could get an interest free loan for home energy improvements.
Or you could qualify for some or even all of the money
for a new boiler, heating system or insulation.

We are keen for you to share your views, ideas and questions on health and social care, and about the services that you are involved with. Please contact us with any comments or article ideas for future issues of this newsletter.

The newsletter team includes public representatives and staff from the NHS, Social Services and the Third Sector.

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WORKING TOGETHER FOR THE FUTURE OF HEALTH AND SOCIAL CARE