



Balmoral Surgery Newsletter



Issue 24

Autumn 2016

Welcome to our Autumn 2016 Edition of the Balmoral Surgery Newsletter



Dr Alison Hamilton - Retirement

A message to patients and the Team at Balmoral Surgery.

I wish to thank you all for your messages of support following Andrew's accident in July 2015. As a family we have had a very difficult year and your good wishes and prayers have been much appreciated.

I have worked in the NHS for 33 years, completing my Vocational Training in General Practice in 1988. Dr Boyd and I moved the Practice to Balmoral Surgery in 1999, to continue the tradition of individually orientated care in the local community.

I have greatly enjoyed the privilege of working with such a dedicated team of Practice Manager, Receptionists, Practice Nurse, Health Care Assistant and Health Visitor. I have also been fortunate in serving such a wonderful group of patients who have welcomed me into their lives often at times of great distress or major illness. I never quite managed to run my surgeries "to time".

Following much deliberation I have decided to retire from the Practice, allowing myself the opportunity to prioritise family life.

I would finally like to thank my husband Stephen (Dr Boyd) for all his support in matters medical and of the heart. He has worked tirelessly during my long absence and has maintained the highest standards of care.

For all of this I am so grateful and have many fond and happy memories to cherish in my retirement. Thinking of you all.

Yours sincerely,

Dr Alison Hamilton



The Team at Balmoral Surgery would like to thank Dr Hamilton most sincerely for all her help, support and counsel throughout the years. We have all very much missed her during this past year and will continue to do so. All the team looked up to her and hold her in very high esteem. Dr Hamilton - we wish you good health in your retirement. We continue to remember The Boyd Family in our thoughts now and in the future.

Two new GP Partners

We have two new GP Partners to introduce:

- **Dr Timothy McCormick** - joined our team on 1st July 2016.
- **Dr Eve Gilmore**— who joins us from 1st October 2016

We welcome both of them to the team at Balmoral Surgery and look forward to working with them in the future.

Welcome to
our team



FLU VACCINATION PROGRAMME—2016/2017

Its that time of year again! The Flu Vaccination programme for winter 2016/17 will officially begin on 3rd October 2016. **The Flu Vaccination is available to everyone aged 65 years and over or, if you are in a clinical risk group such as — suffering from Diabetes, Heart Disease, Asthma, COPD, Renal Disease, Liver Disease, BMI of 40 and over or if your are a carer.**

Flu is more serious than you think

Get the vaccine now



If you are **Immunosuppressed**, by this we mean, due to a particular medication or undergoing chemotherapy you will be included in a 'risk group' and will also be offered the vaccination. Again this year, **all pregnant women** at any stage of pregnancy (first, second or third trimesters) will be given the flu vaccine in the practice.

Also being vaccinated this year, in the practice, are all pre-school children **aged 2 years and over, on 1st September 2016 - that is children born between 2nd July 2012 and 1st September 2014.**

Please note—all children attending P1 to P7—primary school (**DOB 2nd July 2005 to 1st July 2012**) will be offered the flu vaccination **by the school health team.**

Please contact reception now to make an appointment with the Treatment Room Staff, for one of our flu clinics—you do not need to wait for a telephone call or a postal invitation.

The flu vaccine protects against the 3 most common strains of flu.:

- an A/California/7/2009 (H1N1) pdm09 –like virus
- an A/Hong Kong /4801/2014 (H3N2) - like virus
- a B/Brisbane/60/2008 -like virus.



SHINGLES VACCINATION PROGRAMME 2016/17

The Shingles Vaccination is available from 3rd October 2016 and will be given to all patients aged 70 and 78 years on 1st September 2016.



Please see below for full explanation of eligibility:

- **Patients Age 70 years on 1st September 2016** (Birth date range – 02/09/1945 to 01/09/1946)
- **Patients Age 78 years on 1st September 2016** (Birth date range – 02/09/1937 to 01/09/1938) .

Please note: anyone who was eligible for the shingles vaccine in the previous years but has not received it, and is not yet 80 years old, (those now aged 71, 72,73 and 79) can also be given the vaccine.

Please take a look at our website as it gives you further information about the Practice at:
www.balmoralsurgerybt9.com

Practice Training Day Closures are as follows:

- Thursday 29th September 2016 from 1pm
- Wednesday 19th October 2016 from 1pm.

In the event of an emergency please contact Out of Hours Tel: **9079 6220**