

Winter Vaccines

The Flu jab is available to all patients over 65, pregnant women and eligible patients between 18 and 64. The dedicated clinics will begin in October, currently there are 3 clinics arranged here in the surgery on the 4th, 11th and 18th of October. Invitations have started to go out via text message. We will be contacting patients without mobiles and patient who are housebound shortly. Pregnant women have already been sent links to book with the nurse in September.

The covid clinics are being organised by our primary care network (PCN) and will be held next door in the health centre. The PCN team will contact eligible patients but can also be contacted on 01977 526380 (please be aware there is no voice mail option). Clinics will be held on the same weekends as the flu clinics with an additional clinic on Saturday 25th October if required.

The RSV and Pneumonia vaccines are available at the surgery all year round. If you would like to book or check if you are eligible, please contact the surgery.



Travel Vaccinations

If you require any vaccinations for travel, you can find **SOME** information on our website under the "Services" tab. You can also get information regarding the countries and areas within countries that you are visiting from services such as MASTA to determine what vaccinations are required.

Once you know which vaccines you need, please contact the practice as soon as possible as some vaccines need to be administered within a certain time frame before travel. Some vaccines are available for free on the NHS such as **Hepatitis A, Typhoid and Tetanus**, but others can only be offered privately. We can only offer the NHS vaccines here.



Alternatives to Tadcaster Medical Centre for blood taking

The phlebotomist is only in surgery on a morning Monday to Friday. If you need a blood test but are not able to attend on a weekday morning, there are three places locally you can go to have a test done without an appointment.

- York community stadium (Monks Cross, YO32 9AF) is open from 8am until 5.45pm Monday to Friday.
- Selby Walk-in clinic (Doncaster Road, YO8 9BX) which is open 8am until 5pm Monday to Friday.
- York Hospital (Wigginton Road, YO31 8HE) which is open on Saturdays from 9am to 1pm

Patients wanting to attend one of these walk-in **services will need to collect a blood form from the surgery to take with you** so that the phlebotomist there knows what tests you require.

When to use an Urgent Treatment Centre

Urgent Treatment Centres are designed to manage minor injury and minor illness. Things that aren't suitable for A&E but still need attention. Examples of things they can help with are listed below.

Cuts and grazes
Sprains and strains
Simple broken bones
Wound and wound infections
Minor burns and scalds
Minor head injuries
Insect and animal bites
Minor eye injuries
Minor back injuries
Emergency contraception
Skin infections/rashes/allergic reactions
Urine infections
Raised temperature/fever



Our local centres are in Selby, York, Leeds and Pontefract, they are walk in services and are open longer hours than the GP practice during the week and at weekends. Pontefract and York are open 24 hours a day 365 days a year.

If you contact us and we do not have the capacity to see you that day (or you cannot attend when we offer you an appointment) you may be asked to attend one of these centres.

Reasonable adjustments

The Reasonable Adjustment Digital Flag is a national record which indicates that reasonable adjustments are required for an individual and optionally includes details of their significant impairments, key adjustments that should be considered, and underlying conditions.

The Reasonable Adjustment Flag enables health and care workers to record, share and view details of reasonable adjustments across the NHS, wherever the person is treated.

It will ensure that details of impairments and other key information (such as communication requirements) are shared consistently across the NHS – with patient consent.

Supports carers to feel less stressed by informing them of adjustments to services.

It can help to reduce stress both for the patient and those treating them.

Gillick Competence & Fraser Guidelines – Information for Parents

As your child grows older, they will begin to take more responsibility for their own health and wellbeing. In healthcare, we sometimes use the terms Gillick competence and Fraser guidelines when deciding whether a young person under 16 can make decisions about their own care.

Gillick competence is a way of checking whether a child under 16 has enough understanding and intelligence to make their own decisions about medical treatment. If a young person can understand the advice, the risks and benefits, and the possible consequences of their decision, they may be able to consent to treatment without their parent or carer's permission.

We encourage young people to involve their parents or carers in important health decisions. However, if a child is assessed as Gillick competent, they may be able to speak to a healthcare professional in confidence. This is about protecting young people's health and ensuring they can access safe advice and treatment when they need it.