

Flu Jabs

The charts below show the final take up on flu jabs from last year’s flu campaign (August 2016 – March 2017). Eligible patients are split up into two categories. Anyone aged 65 and over is eligible for a flu jab and anyone under 65 who suffers from a chronic condition such as asthma, diabetes, COPD or another similar chronic condition. We will be starting this year’s flu campaign soon and will send an invite for a flu jab to all eligible patients.

DNA Monitoring

Our latest ‘Did not attend’ figures:

February 2017: 10hours 50mins (65 appts)

March 2017: 11hours 35mins (70 appts)

April 2017: 6hours 5mins (37 appts)

IPlato

We have introduced a new text messaging system called IPlato. This sends patients appointment reminders and gives patients the option of cancelling an appointment via text message. If you haven’t done so already, please supply us with your mobile number so we can sign you up to this service.

Healthy Eating

The Eatwell Guide is a brilliant idea to help you eat a healthy, balanced diet by showing you the different types of foods and drinks we should consume, and how much. You can use the Eatwell Guide to help you make healthier choices whenever you're:

* deciding what to eat
* at home cooking
* out shopping for groceries
* eating out at a restaurant, café or canteen
* choosing food on the run

Aim to fill your trolley with a healthy balance of different types of food.

For more information go to: http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx

***No 6***

***May 2017***

***The Rainham Healthy Living Centre***

**The Red Suite**

***Newsletter***