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## Enhanced Access Clinics

Enhanced Access appointments are available for Colte patients on Saturdays in September as follows:

7<sup>th</sup> – Walton Medical Centre

14<sup>th</sup> – Colne Medical Centre

21<sup>st</sup> – Ambrose Avenue Group Practice, Colchester

28<sup>th</sup> - Riverside Health Centre, Manningtree

Appointments are also available every evening from 6.30-8pm, either remotely or at one of the sites in the partnership.

Please contact reception to book an appointment in any of these clinics.

## Shingles Vaccinations

The shingles vaccine helps protect against shingles. It's recommended for all adults turning 65, those aged 70 to 79 and those aged 50 and over with a severely weakened immune system.

[Shingles](#) is a common condition that causes a painful rash. It can sometimes lead to serious problems such as long-lasting pain, hearing loss or blindness.

You're more likely to get shingles, and it's more likely to cause serious problems, as you get older or if you have a severely weakened immune system.

The shingles vaccine helps:

- reduce your chances of getting shingles
- reduce your chances of getting serious problems if you do get shingles
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The shingles vaccine is recommended for some older adults and people with a severely weakened immune system.

- [People who turn 65 on or after 1 September 2023](#)
- [People aged 70 to 79](#)
- [People aged 50 and over with a severely weakened immune system](#)

### Important

You can get shingles more than once, so it's important to get vaccinated even if you've had shingles before.

## RSV Vaccination Programme

RSV is a highly contagious respiratory virus that often feels like a common cold. While most people recover in one to two weeks, infants and some adults face a higher risk of severe symptoms and complications. Treatment usually involves at-home care, but some may need hospitalisation for oxygen, fluids, or other care.

All adults aged 75 on or after 1st September will be eligible for the vaccine as well as a catch-up campaign for those already aged 75-79. This vaccination will be delivered by your GP Practice.

All those that are at least 28 weeks pregnant will be eligible for the vaccine. This will be delivered via maternity services and GPs and the vaccination will help protect their newborn babies.

All eligible patients will be contacted by the practice and offered an appointment when the vaccines become available.

Thank you for reading.

*Katie Pirie*

*Practice Manager*