Seasonal Flu - an injection of fun

Friday 6 December, 2019

Seasonal flu is no laughing matter but this year, Wellsbourne Healthcare, the GP practice in East Brighton, made getting the jab a bit more jolly.

Teaming up with the local community organisation, Crew Club, the nurses headed down to the busy community venue last month, to run the jab clinic from there. Over 50 patients turned up on the day, and they all thought it was a great idea. As well as getting their all-important flu vaccination, Wellsbourne Healthcare and the Crew Club laid on free tea and cakes.

Also on hand were staff and volunteers from four other local charities: Age UK, the Carers Centre, Together Co and the Brighton & Hove Energy Services Co-op (BHESCo). Between them, they were able to help with disability benefits, staying warm in winter, getting support as a carer and coping with loneliness.

“Probably one of the best events I’ve attended”, said Fiona May, Information and Advice Manager at Age UK.

Dan Curtis of BHESCo who handed out a bunch of their popular, energy saving goody bags, said “We had a really valuable experience at the Crew Club Flu-Jab event, which gave us an excellent opportunity to engage with residents who we ordinarily wouldn’t meet”

Liz Gough from the Carers’ Centre was able to refer people who are caring for others to receive support. Liz said, “The event was fantastic with a lovely atmosphere as well. All the nursing staff were lovely and welcoming and it was great to see so many people coming together. It was especially nice that it did not take place in the surgery because for me if felt more like a café and everybody seemed more relaxed.”

For most of us, seasonal flu is an unpleasant experience but one that we get over fairly quickly. For some people, however, it’s a lot more serious. That’s why the flu vaccination, or flu jab as its commonly called, is available free on the NHS for certain people: adults over 65, pregnant women, carers, and anyone of any age with a long-term health condition. If you’re not sure, check with your GP Practice.

Wellsbourne Healthcare hit the news last year when it opened as a new GP Practice in East Brighton. It is one of only three practices in the whole country that is set up as a Community Interest Company. Being a CIC means that all the GPs, as well as all the staff at the practice, are on fixed salaries. Any profits the practice makes go straight back into the community. They’re also getting involved in local projects, like plans for a new community garden between the Wellsbourne Centre and the Whitehawk Library.

Wellsbourne Healthcare is welcoming new patients. You don’t need photo ID or proof of address to register. Just call them on 01273 000544 or drop in at the Wellsbourne Health Centre, 179 Whitehawk Road, Brighton BN2 5FL. And you can still get your flu jab, if you haven’t already!

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