



15/10/2024
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October Newsletter

This October on 18.10.2024 the practice will be participating in the wear it pink campaign to raise awareness and support life-changing breast cancer research. Last year the practice raised a total of £74!



Meet the staff

We would like to welcome to the practice our cohorts of Medical students who joined us last month. We are currently hosting a group of third year medical students and a group of fourth year medical students.



Flu Vaccine

This flu campaign so far, the practice has vaccinated 1280 patients with their seasonal flu vaccine and we would like to thank everyone who attended our clinics this month.

The practice spends a lot of time, resources and money in planning and ordering the right amount of vaccines for our elderly and at risk patients. Our orders for this seasons vaccines were placed in October 2023 and we are currently preparing to order next years vaccines now. The amount of vaccines we order are primarily based on how many we delivered the previous year.











If vaccine appointments are cancelled or not attended, this jeopardises our other services.

So, if you have booked your vaccine with us, please support our practice and have your vaccine with us.



Appointments






Last month the practice was able to offer a total of 3,103 patient contacts, that's equal to 103 patient contacts per day, which includes face to face GP and nursing appointments, telephone GP and nursing appointments, home visits, medication reviews and econsultations.






 <p>Telephone calls received:</p> <p>7,424</p>	 <p>Average call wait time:</p> <p>3 minutes and 11 seconds</p>	 <p>Patients seen face to face in the surgery:</p> <p>1682</p>	 <p>Telephone appointments carried out by clinicians:</p> <p>904</p>	<p>GP appointment? Can't make it? Don't need it?</p>  <p>Patients who did not attend appointments:</p> <p>151</p>
 <p>Patients who were visited at home:</p> <p>68</p>	 <p>Prescription items issued:</p> <p>229631</p>	 <p>Medication Reviews carried out:</p> <p>74</p>	 <p>Referrals made:</p> <p>236</p>	 <p>E-consults received:</p> <p>139</p>

Stay well this winter

Common winter illnesses:

- **Colds** - You can prevent colds by washing your hands regularly which will kill the bug. If you do get a cold, catch coughs and sneezes in a tissue, throw the tissue away and wash your hands to avoid spreading the germs. Use ibuprofen or paracetamol to ease aches and lower temperature and speak to your local pharmacist.
- **Sore throat** - These are common in winter and almost always caused by a viral infection. To avoid getting a sore throat keep warm and wash your hands regularly to help prevent the spread of germs. To treat a sore throat, drink plenty of water - but avoid hot drinks - rest, use ibuprofen or paracetamol and speak to your local pharmacist. One quick and easy remedy for a sore throat is to gargle with warm salty water. Dissolve one teaspoon of salt in a glass of part-cooled boiled water. It won't heal the infection, but it has anti-inflammatory properties and can have a soothing effect.
- **Norovirus** - An extremely infectious stomach bug that causes vomiting and diarrhoea and can spread very easily. Washing your hands frequently with soap and water is the best way to stop it spreading. You can usually treat yourself or your child at home. The most important thing is to have plenty of fluids to avoid dehydration, stay at home and get plenty of rest. To avoid the infection spreading further wash dirty clothing and bedding separately on a hot wash and clean toilet seats, flush handles, taps, and surfaces every day. Stay off school or work until the symptoms have stopped for two days.
- **Painful joints** - Cold weather can make painful joints worse for some people. Exercising regularly is ideal to boost a person's mental and physical state and can also relieve joints feeling tight, stiff and uncomfortable.
- **Dry skin** - This is common over the winter period when environmental humidity is low. Drinking plenty of water and moisturising is essential during winter.

 <p>TESCO Health Paracetamol 500mg Tablets Relieves mild to moderate pain and reduces fever. 16 Tablets Easy to swallow.</p>	<p>Tesco 500mg paracetamol</p>	<p>£0.37 16 Tablets</p>
 <p>Sainsbury's Healthcare PARACETAMOL 500mg Tablets + Effective pain relief 16 Tablets</p>	<p>Sainsbury's 500mg paracetamol</p>	<p>£0.37 16 Tablets</p>
 <p>Boots PARACETAMOL 500mg TABLETS 32 TABLETS</p>	<p>Boots 500mg paracetamol</p>	<p>£0.89 32 Tablets</p>
 <p>Morrisons Paracetamol 500mg Caplets ✓ Effective pain relief ✓ Reduces fever EASY TO SWALLOW Aldi & Lidl PRICE MATCH</p>	<p>Morrisons 500mg paracetamol</p>	<p>£0.37 16 Tablets</p>
 <p>healthessentials Paracetamol 500mg Tablets easy to swallow effective pain relief 16 TABLETS</p>	<p>Aldi 500mg paracetamol</p>	<p>£0.37 16 Tablets</p>
 <p>Superdrug Paracetamol 500mg Caplets For effective pain relief 16 CAPLETS</p>	<p>Superdrug 500mg paracetamol</p>	<p>£0.49 16 Tablets</p>

 <p>TESCO Health Ibuprofen 200mg Tablets 16 Tablets</p>	<p>Tesco 200mg Ibuprofen</p>	<p>£0.39 16 Tablets</p>
 <p>Boots IBUPROFEN 200mg TABLETS 16 TABLETS</p>	<p>Boots 200mg Ibuprofen</p>	<p>£0.55 16 Tablets</p>
 <p>Bell's Healthcare Ibuprofen 200mg Coated Tablets For Fast Effective Pain Relief 16 Tablets</p>	<p>Superdrug 200mg Ibuprofen</p>	<p>£0.39 16 Tablets</p>
 <p>Sainsbury's Ibuprofen 200mg tablets x16 Round Tablets • Effective pain relief • Easy to swallow</p>	<p>Sainsbury's 200mg Ibuprofen</p>	<p>£0.39 16 Tablets</p>
 <p>healthessentials™ Ibuprofen 200mg Coated Tablets Effective pain relief 16 Tablets</p>	<p>Aldi 200mg Ibuprofen</p>	<p>£0.39 16 Tablets</p>

RSV Vaccine



Have your RSV vaccine to help protect you

RSV can cause pneumonia which can be serious



Your GP will invite you for your free RSV vaccination if:

- You turn 75 years of age on or after 1 September 2024
- You are already aged 75 to 79 years old on 1 September 2024

For more information on the RSV vaccine you can read this leaflet here: www.gov.uk/government/publications/respiratory-syncytial-virus-rsv-vaccination-for-older-adults or speak to your practice nurse, GP or health team.



SCAN ME

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We have vaccinated 230 of our eligible patients with the RSV vaccine.

This is a good way to protect yourself from catching the virus which can lead to pneumonia this winter.

To check your eligibility or to book an appointment please contact the surgery. Patients aged 74-79 are eligible and pregnant patients.

Suggestion Box