

The Westgate Practice Newsletter

AUTUMN EDITION 2022



ARE YOU PREPARED FOR WINTER?

Have you had or booked your Influenza and Covid Autumn Booster vaccinations? The practice are offering these to all eligible patients at a number of joint flu and covid clinics being held throughout Oct, Nov and Dec. This means that you only need to book one appointment to receive BOTH your vaccinations.

If you have already attended another centre for either of your vaccinations, please contact the surgery after 2.30pm to book your outstanding flu or covid vaccination.

A completed covid questionnaire will be required at your appointment. This is available to print from our practice website (click on the red banner at the top of the page) or collect from Greenhill Health Centre before your chosen clinic date.

Please also consider having your Pneumococcal vaccine (65 years and over) and your Shingles vaccine (70-79 years). Please note that your Shingles vaccine cannot be given within 7 days of having a covid vaccine. Patients will be called in their birthday month, if you have yet to book, please contact the surgery.

CHILD FLU

The childrens nasal spray flu vaccine is safe and effective, it is offered to children to help protect them against flu. Flu is caused by the influenza virus which can be a very unpleasant illness that can also lead to serious problems such as bronchitis and pneumonia. Children can catch and spread flu easily so vaccination offers them protection, as well as protecting others who are more vulnerable to flu such as babies and older people.

Those eligible for flu at the GP surgery include children aged 2 or 3 years on 31st August 2022 (born between 1st September 2018 and 31st August 2020) and those aged aged 2 to 17 years with a long term health condition. If your child is aged 6 months to 2 years and has a long term health condition, they will be offered a flu vaccine injection instead of the nasal spray.

All primary school children and some secondary school aged children will receive their flu vaccination as part of the school immunisation programme.

Autumn Preparations

Please make sure you have enough medication to last you over the Christmas and New Year period.

If you need to order any medication, please allow plenty of time and consider when the practice is closed.

Keep a supply of paracetamol, other over the counter products and a first aid kit to help you over the winter months.

Keep supplies of long life products such as tins or frozen foods in case of bad weather.

AWARENESS CAMPAIGNS

October – Breast Cancer Awareness Month

In England, breast screening is offered to individuals registered as female between ages 50 and 71. The first invite is offered to women between ages 50 to 53, and they are then offered screening every 3 years until age 71. Females aged 71 or over can self-refer every 3 years. The breast screening test is a mammogram, which is done by a female mammographer at a clinic or mobile breast screening unit.

November – Men’s Health Awareness Month

November has recently been associated with Movember – a charity designed to support men’s health issues. Men are dying on average 5 years earlier than women for largely preventable reasons. Further online information can be found under Movember, Manup? And the Mens Health Forum.

December – National Grief Awareness

A National Grief Awareness Week to raise awareness of all aspects of grief and loss on a national scale. To offer access to a choice of tailored bereavement support to all those grieving in the UK and to those working with the bereaved. To ensure immediate access to support for all types of bereavement in local communities across the country. To help the public to better understand how to support those grieving the loss of someone they love. To open conversations and normalise grief e.g. The Good Grief Trust

KEEP UP TO DATE WITH THE PRACTICE

The latest news and health forms on the website:

www.westgatepractice.co.uk

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OTHER NEWS

PRACTICE CLOSURES



The Practice will close at 1pm on 18th October, 15th November and 13th December for **Protected Learning Time**. This is allocated training time for practice staff.

PATIENT PARTICIPATION GROUP

Our last PPG meeting was held face to face on 28th September 2022. The minutes will shortly be available for all to view on the website.

WELCOME



Dr. Rachel Moss who has now become a GP partner and HCA Tracey Cope has joined the nursing team. There are new staff joining us in October Lucy Byfield, Phlebotomist, and Sr. Sue Mangan and Sr. Esther Hunt will be joining the Practice Nurse team. We have also recruited a new member to the Patient Services Team.

PLEASE REMEMBER!

Let us know if any of your details change including: new address, changed your mobile number, or have become a carer.