



September 2024 Newsletter

Welcome to The Village Medical Centre's latest newsletter! We're delighted to connect with you and share updates from our practice and valuable health information to support your well-being. This month's edition contains information about

RSV (respiratory syncytial virus) is an infectious disease of the airways and lungs and a common cause of bronchiolitis in children and pneumonia in older patients.

The RSV vaccine is a single dose vaccination which helps to boost protection as you reach an age group at highest risk of serious RSV infection. Everyone turning 75 years old on or after the 1st September 2024 or anyone who will be 80 years old before 31st August 2025 will be offered a single dose of RSV vaccine here at the surgery. Those who are eligible but housebound will be contacted regarding a home visit.

Pregnant women of 28 weeks or just over are also eligible for the vaccine to help protect their babies from RSV and are being encouraged to ask their midwife about getting their RSV vaccine.

Anyone turning 75 years old on or after 1st September 2024 will start receiving invites to our vaccination clinics being held at the surgery by our nurses. The RSV vaccine is not routinely being co-administered with other vaccines so those eligible for the flu vaccine will be invited back in October for their flu vaccine.

If you would like to find out more about RSV and the vaccine please visit the government website below:

<https://www.gov.uk/government/publications/respiratory-syncytial-virus-rsv-vaccination-for-older-adults/your-guide-to-the-rsv-vaccine-for-older-adults>



Organ Donation

Choosing to be an organ donor is an important decision, and could mean that you play a part in saving somebody's life. Being an organ donor means that in the event that you have passed away, or are in end-of-life care, you can choose to donate your healthy organs to someone who needs them. Usually, the people who require organ donations are people who have been on waiting lists for a significant amount of time, or are potentially in a fatal condition. The staff who are looking after you will always keep your health and wellbeing as their priority. Organ donation will only be considered if you are the end of life. It can be important to discuss and share your wishes with your friends and family. Everyone is automatically an organ donor; however, you can opt out of being a donor if you don't want to be one. It's important to think carefully about what you'd like to do, and to ensure you're making the correct decision. To find out whether organ donation is right for you, you can use the link below.

<https://www.organdonation.nhs.uk/>

<https://www.organdonation.nhs.uk/helping-you-to-decide/about-organ-donation/get-the-facts/>

Flu Vaccination Season!

The flu vaccination clinics will start later this year.

September for pregnant people and those eligible under 18

October for over 18s

We will be inviting all eligible patients to book in for our Flu clinics as soon as they are up and running.

To find out more about the flu vaccine and if you are eligible go to:

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

Our new registrar, Dr Aymen Alaude will be joining the surgery in September to complete his final year of GP training. He is going to be with the surgery for the next year having completed his junior doctor hospital training posts.

The Olympics has now come to an end and we have to congratulate the GB team on winning a total of 65 medals in Paris. They are all truly inspiring

We should all aim to do 150 minutes of moderate exercise per week; this is the same as 20 to 30 minutes per day. To help us do this, the NHS has two apps. 'Active 10' measures your activity when you're walking, and 'Couch to 5k' is a programme designed to get you running for 30 minutes by the end of a nine-week programme.

<https://www.nhs.uk/better-health/get-active/>

We would love to hear your thoughts!

We have an online form which allows you to freely type your feedback about any aspect of the surgery. Alternatively, we also forms in reception to complete.

Scan the QR code on the right to complete your feedback now.



Did you know...



The Government gives this practice just £107.57 a year for each patient, whatever their health needs. That's less than the cost of a TV licence.

This means we're only given 30p a day for every patient registered with us – less than the cost of an apple.



GP's want the same things that you do.

We believe nobody should struggle to see their family doctor.

We believe general practice deserves a **bigger slice** of NHS funding so we can train and hire more GPs, deliver the services you require and make it easier to get appointments to see your GP and practice team.

We know you deserve better than this. GPs Are On Your Side.

bma.org.uk/GPsOnYourSide

BACK TO SCHOOL

As children head back to school, it's essential to prioritise their health to ensure a successful and enjoyable academic year. Here are some key tips:

Immunizations

Ensure your child is up-to-date with all required vaccinations. This helps protect them and their classmates from preventable diseases.

Healthy Eating

Pack nutritious lunches and snacks. Include a variety of fruits, vegetables, whole grains, and proteins to keep their energy levels stable throughout the day.

Sleep Routine

Establish a consistent sleep schedule. Children need 9-11 hours of sleep per night to function optimally. A regular bedtime routine can help them get the rest they need.

Hygiene Practices

Teach your child the importance of handwashing, especially before meals and after using the toilet. This simple habit can prevent the spread of germs.

Physical Activity

Encourage daily physical activity. Whether it's participating in sports, playing outside, or walking to school, regular exercise is crucial for physical and mental well-being.

Mental Health

Be attentive to your child's emotional needs. The transition back to school can be stressful, so maintain open communication and provide support as needed.

By focusing on these areas, you can help your child stay healthy and thrive throughout the school year. If you have any concerns, don't hesitate to contact our GP surgery for advice and support.

We are celebrating all emergency services this month, we thank them for the incredible work they do. 999 encourage a 2 minute silence at 9am to remember the more than 7,500 emergency services personnel killed in the line of duty in the last 200 years, as well as remember those injured.

Find out more about emergency services day: www.999day.org.uk

