



October 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 ...

Flu vaccine:

The flu vaccine helps protect against flu, which can be a serious or life-threatening illness. It's offered on the NHS every year in autumn or early winter to people at higher risk of getting seriously ill from flu. It is recommended to have the flu vaccine if you are:

- Aged 65 years or older
- Have certain long-term health conditions
 - Pregnant
 - Live in a care home
- The main carer for an older/disabled person or receive carer's allowance
- Living with someone who has a weakened immune system
- Frontline health and social care worker (speak with your employer about receiving the vaccine)

Children aged 2-3 years old, school-aged (reception to year 11) or children aged 6 months to 17 years with certain long-term health conditions will also be invited to have the flu vaccine or a nasal spray. Those who are school-aged will be given the flu vaccine at school.

We have started inviting all those eligible via text message, which will allow you to book the appointment yourself via a link. If you do not have a smartphone to do this, contact the surgery after 2pm to book the appointment, once you have been invited.

If you become unwell with a high temperature when your flu vaccination is due we advise to wait until you are feeling better before having the flu vaccine.

Find out more about the vaccination on the NHS website: www.nhs.uk/vaccinations/flu-vaccine/

Surgery Closures:

The surgery will be closed for staff training on Thursday 17th October from 1pm.

If you require medical advice during this time please contact 111, in the event of an emergency please call 999.

Normal opening hours will resume from 8am on Friday 18th October.

The Village Medical Centre is recruiting:

RECEPTIONIST / ADMINISTRATOR AVAILABLE

APPLICATION DEADLINE – MONDAY 21ST OCTOBER 2024

We are seeking a Receptionist/Administrator to join our team for 30 – 37 hours per week.

Working hours are negotiable but the new starter must provide fair share of 8:00 am starts and 6:30 pm finishes.

Starting wage is dependent on experience.

INTERVIEWS ARE SCHEDULED FOR MONDAY/TUESDAY 28TH/29TH OCTOBER 2024

To apply, please send your CV and a cover letter to:
alan.courtenay@nhs.net

ALL APPLICATIONS AND INTERVIEWS WILL BE HANDLED IN CONFIDENCE



Sign up for our newsletter to retrieve a copy straight to your inbox

Breast Cancer Awareness Month:

55,000 people get diagnosed with breast cancer each year and it can affect any age and gender this is why it is so important to know what is normal for you and 'coppafeel'.

Visit www.coppafeel.org for more information on the signs/symptoms of breast cancer.

If you have any concerns get in touch with the surgery to book a doctors appointment.

Health Coach:

My name is Marta and I'm a Health and Wellbeing Coach providing a compassionate and non-judgemental approach in helping patients with lower levels of patient activation to become active members in improving their health and wellbeing. I work from a strength-based approach, focusing on improving health related outcomes by working with patients to identify their needs, set personalised goals and change their behaviours. Referrals are welcome for patients looking to improve self-management by developing their motivation, knowledge, skills, and confidence around a variety of conditions including – stress/mood/low level mental health issues, weight management (diet/lifestyle changes), physical activity levels, persistent pain, cardiovascular disease, hypertension, amongst others.

If you would like to speak to Marta to discuss a personalised health plan then please speak to the admin team to be referred, they will ask for the reason for the referral this is to help Marta determine the best way to help. Marta works on a Thursday at the Village Medical Centre and offers both telephone and face to face appointments. After a referral has been sent, Marta will contact you via telephone to book the initial appointment.

Covid Vaccinations:

The NHS have started sending invites to those eligible for the covid vaccination, we are not administering the covid vaccination at the surgery. You can book your vaccination at:

www.nhs.uk/nhs-services/covid-19-services/covid-19-vaccination-services/book-covid-19-vaccination/

Preparing for the winter

Those under the age of five, or over 65, on a low income, who have a disability, are pregnant, or with a health condition are more vulnerable during cold weather. There are simple ways to help you stay safe, warm and healthy. This page provides a list of suggestions and provides links to available help with the cost of heating during the winter.

With ongoing climate change, it's likely that extreme weather will occur again this winter. Ensure you're prepared by thinking about the types of things you might need to see you through a storm if the power is cut off at home.

<https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>

<https://www.redcross.org.uk/get-help/prepare-for-emergencies/prepare-an-emergency-kit>

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.

