

September

Vaccination special

Holsworthy, Stratton & Hatherleigh

NEWSLETTER 9 2023

Your Doctors

HOLSWORTHY t: 01409 253692

Dr. Diana Stone
Dr. Harpreet Jones-Pahdi
Dr. Sean Whitaker
Dr. Abi Jones-Pahdi
Dr. Mark Eggleton
Dr. Matt Garcia
Dr. Nmeme Ojo
Dr. Amanze Ikwa
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STRATTON t: 01288 352133

Dr. Charlie Morwood
Dr. Vic D'Ambrogio
Dr. Viv Gillanders
Dr. John Lamb
Dr. Judy Parsons
Dr. Emma Godson
Dr. Leo Giamvrias
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Dr. David Lee
Dr. Abi Jones-Pahdi

OPENING TIMES

Monday to Friday. Please check individual practices for times.

**TRAINING AFTERNOON
CLOSURE from 12.30pm
Tuesday 12th September.**

EXTENDED ACCESS

Evening and weekend clinics available for pre-booking. Please call your practice to be advised of availability.

Please call 111 for medical advice & direction or 999 for life-threatening emergencies when we are closed.

Getting the jabs done!

With both the seasonal flu vaccination programme and additional Covid boosters being made available nationally from 11th September (brought forward by the government from 7th October), we've been doing a lot of planning throughout the summer months to work out how to get both vaccinations to our patients in the most efficient and effective way. Every vaccination given at our RCMG practices, helps us **and** the NHS, so, if you're registered at our practices and get an invitation, please book with **US**, rather than elsewhere.

Here's the plan:

- Flu and Covid booster vaccinations will be given at your own registered surgery, for anyone aged 65 and above, or for anyone in an eligible group—see page 2.
- The vaccines will be given at the same time, like last year – one in each arm – so multiple visits to the surgeries are not required.
- Patients only wanting one of the vaccines will be offered specific times in a clinic for single vaccinations (either just flu, or just Covid).
- Patients in the qualifying groups will be sent a text **from 1st September**, via which they can make a booking, be informed how to book, or where to call. Texts will go out in batches and over a number of days, so you may not get yours on the first day. People without mobiles will be contacted by phone, and letter if necessary **after this date**. For qualifying groups please see page 2.
- We are unable to specify which Covid vaccine you will be given.
- We are only vaccinating eligible people for Covid aged 18 and above at our practices. For information about vaccinations for those in the under 18 age-group, please check our website. We will post information as we receive it.
- We are unable to give flu jabs to anyone NOT in the qualifying groups. Please go to other providers, such as pharmacies or larger supermarkets. Charges will apply.

The **National Booking Service (NBS)** will be open for the public to book appointments at some of the larger vaccination centres. We have not been given a date for this to start, following the changed roll-out date. It is likely to be open before 11th September. People will be able to book a joint flu and COVID-19 appointment.

All this information is available on the RCMG website under the Covid Vaccination tab.

CLINIC DATES

We will be holding the following clinics 9am to 5pm at our practices:

7th October: Holsworthy - Flu only

14th October: Stratton - Covid and Flu

28th October: Holsworthy - Covid and Flu

4th November: Stratton - Covid and Flu

Other dates, including a Hatherleigh clinic, will follow.

RCMG PARTNERS

Dr Harpreet Jones-Pahdi

Jane Wason

Dr Dave Lee

Dr Vic D'Ambrogio

Dr Judy Parsons

Dr Mark Eggleton

All you ever wanted to know about autumn vaccinations and now don't need to ask!

WHY BOTHER?

It is understandable to feel vaccination fatigue, but the autumn winter vaccinations continue to be really important because:

- if you get flu and COVID-19 at the same time, research shows you're more likely to be seriously ill
- getting vaccinated against flu and COVID-19 will provide protection for you and those around you for both these serious illnesses
- both flu and Covid are miserable illnesses; vaccination offers the best protection against the symptoms

FLU—am I in the eligible groups for a free jab?

There are two types of flu vaccines being used again this year: one for those aged 65 and above and another for those under 65. Those who qualify for a **FREE** jab are:

- people aged 65 and over (including those who'll be 65 by 31 March 2024)
- people who have certain health conditions (see QR code for more information)
- women who are pregnant
- people who are in long-stay residential care
- those in receipt of carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick. If you have just become a carer, please let us know.
- people who live with someone who is more likely to get infections (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus or rheumatoid arthritis)
- frontline health or social care workers

We will be giving routine nasal vaccinations against flu to children aged 2 to 3 years, born between 01/09/2019 and 31/09/2021, and also those aged 6 months up to 18 years in the clinically at risk groups. Parents will be contacted.

AUTUMN/WINTER COVID BOOSTER—am I in the eligible group?

The following groups of people are eligible for a Covid booster:

- residents in a care home for older adults and staff working in care homes for older adults
- frontline health and social care workers
- all adults aged 65 years and over
- people aged 5 to 64 years in a clinical risk group
- people aged 12 to 64 years who are household contacts of people with immunosuppression
- people aged 16 to 64 years who are carers

As we have not been commissioned to provide Covid Vaccinations to young people who are aged 5 to 17, other local clinics, or schools will be offering these. We will post clinics on our website and Facebook page when we are notified.

GAPS BETWEEN VACCS

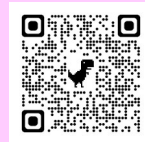
For all Covid vaccinations the gaps between boosters should be:

- Those aged 12 and above, who are immunocompromised, must have a gap of 3 months since their last dose.
- Those aged 65 and above must have a gap of **3 months** since their last booster/dose.

The Home Visiting Team will be providing booster vaccinations to care homes and to our housebound patients.

For full NHS information, please go to:

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



For full GOV.UK info go to:



Flu vaccine side-effects

Flu vaccines are very safe. All adult flu vaccines are given by injection into the muscle of the upper arm.

Most side effects are mild and only last for a day or so, such as:

- slightly raised temperature
- muscle aches
- sore arm where the needle went in – this is more likely to happen with the vaccine for people aged 65 and over

Try these tips to help reduce the discomfort:

- continue to move your arm regularly
- take a painkiller, such as paracetamol or ibuprofen – some people, including those who are pregnant, should not take ibuprofen unless a doctor recommends it.

Covid vaccine side-effects

Like all medicines, the COVID-19 vaccines can cause side effects, but not everyone gets them.

Most side effects are mild and should not last longer than a week, such as:

- a sore arm from the injection
- feeling tired
- a headache
- feeling achy
- feeling or being sick

You may also get a high temperature or feel hot or shivery 1 or 2 days after your vaccination. You can take painkillers such as paracetamol if you need to. If your symptoms get worse or you're worried, call 111.

Information from <https://www.nhs.uk/>

GRAB YOURSELF A MINI HEALTH CHECK



- BLOOD PRESSURE CHECK
- BLOOD SUGAR TEST



KNOW THE FACTS!

Coast & Country Primary Care Network healthcare staff are at
HOLSWORTHY CATTLE MARKET
WEDNESDAY

13th September, 11th October, 8th November, 6th December

Healthcare where YOU are!



HM Government



BOOST YOUR IMMUNITY

WITH THE FLU VACCINE
+ COVID-19 BOOSTER

If you're eligible, the NHS will invite you when it's your turn.



Join us on **Facebook**



Follow us on **X (Twitter)**

@HolsworthyMC1



See our PCN at **coastand-countrypcn**

TEAM TALK

In our Vaccination Special newsletter, who better to introduce you to than **HOLLIE PENNELL** our Primary Care Network Healthcare Assistant AND Vaccination Care Coordinator

Although Hollie has been working with the PCN since April 2021, she has only recently taken up the role of Vaccination Care Coordinator, following a break to have her second child. She will be looking after the smooth running of the vaccination programmes across our practices and at Bradworthy and Neetside Surgeries, supporting local staff throughout.

Hollie says “Vaccinations should be part of our general healthcare routines,” she says. “It protects you and those around you, especially your family.” She aims to ensure that no-one misses having their vaccinations—whether seasonal flu, Covid, pneumonia, shingles, measles etc—if they want them.

Prior to joining the network, Hollie was a Team Leader in a local nursing home specialising in dementia care. Dementia and elderly care have become her main professional interests. She lives locally and has two children aged 1 and 4. She has lived locally for the last 7 years, enjoying the beautiful area for walks, especially on the beach.

Hollie works 3 days a week, almost all on vaccination work at the moment but, as a qualified HCA, she works alongside the nursing teams at the five practices as needed.



A very warm and cheery RCMG welcome goes out to:

Alexia Schultz who has joined our Maintenance Team as a Cleaner. Alexia is based at Hatherleigh.

Also at Hatherleigh we now have **Sue Craske** who has started with the Patient Services team there.

Congratulations to **Chelsea Lee** who starts her new role as a phlebotomist on 4th September. Chelsea has been part of the Patient Services team at Holsworthy, so many of you will know her already.

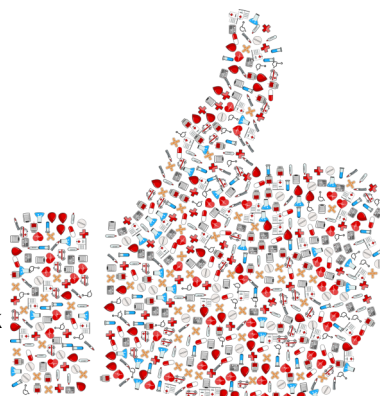
Dr Matt Garcia has now joined the permanent GP team along with **Dr Leo Giamvrias**, who will also join the permanent team in October.

Also swelling the GP Team at Holsworthy are **Dr Dhruv Dutt** and **Dr Jordon Robinson**. Dr Dutt will be with us for 12 to 18 months gaining additional general practice experience, and Dr Robinson will be with us for 4 months. Jordon has already been out-and-about at Holsworthy Show so you may have met her already. Both are qualified doctors and will be available to patients, once their induction is complete.

Our PCN team are delighted to welcome **Marleigh Love** who has joined us as an additional Health and Wellbeing Coach, working alongside Helen and Sandra. AND **Rowena Hoseason** will be joining our Primary Care Network as Diabetes Care Coordinator. Rowena was part of the Patient Services Team at Holsworthy, so may be known to some people already.

Great to have you all with us!

Sad farewells have to be said to **Vicky Loynton**, one of our Patient Service Advisers at Hatherleigh, and also to **Chelsea Barnett** from the Prescription Team. Thank you both, and our best wishes for the future.



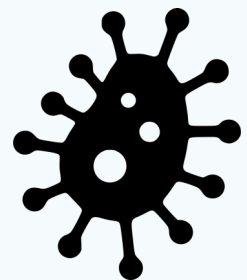
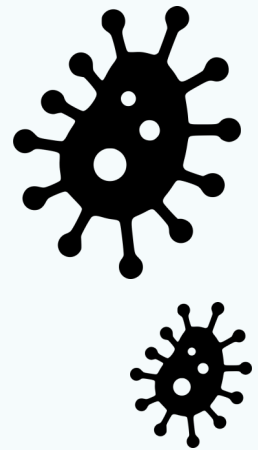
Prescriptions email: rcmg.prescriptions@nhs.net

Parent Page

As we are focussing mainly on vaccinations this month, we wanted to encourage all our parents to ensure that their child's immunisations are up to date. Although we try to invite every young person in for their routine vaccinations, as they meet the required age or eligibility, and send reminders, do get in touch if you think your child has missed a vaccination or hasn't been called when they should have been. Our nursing team will be able to advise you. Our surgery website is full of information about childhood immunisations, so please take a look.

The immunisations children are regularly offered are:

UNDER 1	AGE	VACCINE
	8 weeks	6-in-1 vaccine Rotavirus vaccine Meningitis B
	12 weeks	6-in-1 vaccine (2nd dose) Rotavirus vaccine (2nd dose) Pneumococcal (PCV) vaccine
	16 weeks	6-in-1 vaccine (3rd dose) Meningitis B (2nd dose)
AGE 1—15	1 year	Hib/Meningitis C MMR Pneumococcal (PCV) vaccine (2nd) Meningitis B (3rd)
	2-10 years	Flu vaccine every year
	3 years & 4 months	MMR 4-in-1 pre-school booster
	12-13 years	HPV vaccine
	15 years	3-in-1 teenage booster Meningitis ACWY



NHS

Measles cases are rising in England

Make sure your child is up to date with their MMR vaccinations



Don't let Measles, Mumps and Rubella into your child's world



Holsworthy & Hatherleigh email: d-icb.receptionrcmg@nhs.net

ARE YOU SHINGLES-READY?

The Shingles National Immunisation Programme is Changing

A vaccine to prevent shingles, a common, painful skin disease, is available on the NHS to people in their 70s. But this year the offer has been extended. From 1st September 2023, as well as people aged 70 to 79, you'll be eligible:

- when you turn 65 (if you turned 65 before 1 September 2023, you'll be eligible for the vaccine when you turn 70)
- if you're aged 50 or over and have a severely weakened immune system

You'll be contacted by your GP surgery when you become eligible for the vaccine.

The shingles vaccine is given as an injection into the upper arm. Unlike the flu vaccine, you'll only need to have the vaccination once and you can have it at any time of the year.

Most people will only need 1 dose, but some people who cannot have the routine vaccine for health reasons will need 2 doses.

The shingles vaccine is expected to reduce your risk of getting shingles. If you do go on to have the disease, your symptoms may be milder and the illness shorter.

Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. Shingles can also be fatal for around 1 in 1,000 over-70s who develop it.

It's fine to have the shingles vaccine if you've already had shingles. The shingles vaccine works very well in people who have had shingles before, and it will boost your immunity against further shingles attacks. Your GP will tell you how long to wait after you recover from shingles before having the shingles vaccine. This may be up to 1 year.



To find out more go to: <https://www.nhs.uk/conditions/vaccinations/shingles-vaccination/>

Eligible	50+ with a severely weakened immune system* (severely immuno-compromised) You're eligible from the 1st September	Turning 65 from 1st Sept You'll be eligible from your 65th birthday	70 to 79 You're eligible now
	Under 50 with a severely weakened immune system	Under 64 or currently 65 to 69	80 and over
*Patients receiving a stem cell transplant may be eligible at a younger age. Speak to your specialist.			

Stratton email: letters.rcmg-stratton@nhs.net