



# NEWSLETTER

Welcome to this edition of our Patient Participation Group (PPG) newsletter! We are excited to keep you informed about the latest updates and initiatives at our GP surgery. The PPG plays a vital role in helping us improve patient care and foster strong communication between our practice and the community. In this newsletter, you'll find useful health information & important announcements. We are grateful for your continued support and look forward to working together to enhance the care we provide to all our patients.



## »»» RAPID HEALTH

At Manor Court Surgery we are always looking ways to improve our services to make things easier for our patients. We now have an online service to book appointments! To book an appointment online using our Rapid Health service, navigate to the Surgery's website and click the Green [Click Here to Submit a Request](#) tab. Follow the questionnaire to direct you to the appropriate service you need. Alternatively, scan the QR code below to direct you straight to the Rapid Health website.



## »»» VACCINATIONS

**Vaccinations are a vital tool in protecting both individual health and the community at large. By getting vaccinated, we not only shield ourselves from serious diseases but also help prevent the spread of harmful infections to others, particularly those who are vulnerable, such as infants, elderly individuals, and those with weakened immune systems. Together, we can create a safer, healthier community by ensuring widespread vaccination and reducing the impact of preventable diseases. Stay protected, protect others!**

### INFLUENZA

As flu season is upon us, it's crucial to remind patients of the importance of getting their flu vaccine. At our GP surgery, we are committed to helping protect the community by offering the flu vaccine to eligible individuals. The vaccine is the best defence against the seasonal flu, reducing the risk of illness, hospitalisations, and complications, especially for those at higher risk, such as

the elderly, pregnant women, and individuals with chronic health conditions. We encourage all patients to book an appointment today



and take this simple step to protect themselves and those around them.

### RSV

The Respiratory Syncytial Virus (RSV) vaccine is a significant breakthrough in preventing severe respiratory illness caused by the



RSV, particularly in vulnerable populations like infants, older adults, and those with chronic health conditions. RSV is a leading cause of bronchiolitis and pneumonia, and its impact can be severe, especially in young children and the elderly. The newly available RSV vaccine offers protection against this virus, reducing hospitalisations and the risk of severe outcomes. The RSV vaccine is recommended for everyone aged 75 years and older. For general practitioners, offering the RSV vaccine is an important step in safeguarding patients and reducing the risk of RSV-related illness, particularly during peak seasons.

### SHINGLES

The shingles vaccine is recommended for adults aged 65-70 and over to help protect against shingles, a painful condition caused by the reactivation of the chickenpox virus. Shingles can lead to long-lasting nerve pain and other

complications, so getting vaccinated is an important step in reducing these risks. If you are eligible for the shingles vaccine, you will be contacted by us to book an appointment for the vaccine at your earliest convenience to stay protected.

### PNEUMOCOCCAL

The pneumococcal vaccine is an important tool in protecting against pneumonia and other serious infections caused by the pneumococcus bacteria, which can be particularly harmful to older adults and those with certain health conditions. The vaccine helps reduce the risk of severe illness, hospitalisations, and complications from pneumococcal infections. If you're eligible, you will be contacted by us to book an appointment to get vaccinated to help safeguard your health.

### PERTUSSIS



The whooping cough vaccine is recommended for pregnant women, ideally between 16 and 32 weeks of pregnancy, to protect both themselves and their newborns from this highly contagious respiratory disease. Whooping cough can be particularly dangerous for young babies, and getting vaccinated during pregnancy helps provide them with immunity in their early months. If you're pregnant, please contact the surgery to schedule your whooping cough vaccination and help protect your baby's health.

### PRE-SCHOOL BOOSTER

If you have missed your child's pre-school booster vaccine, you can book in and have this done with us. Please speak to a member of our staff for more information.



## >>> SCREENINGS AND ELIGIBILITY

The NHS offers a range of screening programs to help detect health conditions early. Here's a list of the main types of screenings available, along with their eligibility criteria:

- **Diabetic Eye Screening**

**Eligibility:** All people with diabetes aged 12 and over & pregnant women who have Type 1 or 2 Diabetes.

**What it screens for:** Diabetic retinopathy, which can lead to blindness if untreated

- **Diabetes Screening**

**Eligibility:** Adults aged 40 to 74 who are at risk of type 2 diabetes. Additional screening may be offered if you are overweight or have other risk factors.

**What it screens for:** Type 2 diabetes using a blood test to check for elevated blood sugar levels.

- **Cervical Screening**

**Eligibility:** Women aged 25 to 64.

Women aged 25 to 49 are invited every 3 years.

Women aged 50 to 64 are invited every 5 years.

**What it screens for:** Abnormal cell changes in the cervix that could lead to cervical cancer.

- **Breast Cancer Screening**

**Eligibility:** Women aged 50 to 71 (screening is being extended to women aged 47-73 by 2028).

Offered every 3 years.

**What it screens for:** Early signs of breast cancer through mammography (X-ray).

- **Bowel Cancer Screening**

**Eligibility:** Men and women aged 60 to 74 (invited every 2 years).

People aged 75 or older can request a screening every 2 years.

**What it screens for:** Early signs of bowel (colorectal) cancer through a faecal occult blood test (FOBT) or a bowel scope examination.

- **Abdominal Aortic Aneurysm (AAA) Screening**

**Eligibility:** Men aged 65 (offered once).

**What it screens for:** Abdominal aortic aneurysm, a swelling in the aorta that can be life-threatening if it ruptures.

- **Antenatal Screening**

**Eligibility:** All pregnant women.

**What it screens for:** Blood tests and ultrasounds to check the physical development of baby and for conditions such as Down's syndrome, Patau's syndrome and Edwards' syndrome, spina bifida, sickle cell disease, Thalassaemia and other pregnancy-related health issues and infectious diseases.

- **Newborn Screening**

**Eligibility:** All babies born in the UK.

**What it screens for:** Conditions such as hearing loss, a blood spot test to check for any of the 9 rare conditions typically within the first few days of life and a physical examination to check for any signs of health concerns or abnormalities.

## >>> JOINT PAIN PROGRAMME

Nuffield Health are offering a programme designed to help you self-manage your chronic joint pain and lead a more independent life.

It's a 12 week programme of lifestyle advice and exercise sessions led by a Rehabilitation Specialist. This will equip you with the tools to better manage your pain, improve your mobility, general fitness levels and overall quality of life. To find out more information, scan the QR code or visit [www.nuffieldhealth.com/about-us/our-impact/healthy-life/joint-pain-programme](http://www.nuffieldhealth.com/about-us/our-impact/healthy-life/joint-pain-programme)



### Is the programme for me?

If you've had any of the below, we can help:

- Osteoarthritis
- Psoriatic arthritis
- Rheumatoid arthritis
- Other arthritis
- Gout
- Fibromyalgia
- Spondylitis
- Lupus

## >>> BETTER HEALTH: WEIGHT LOSS

If you're overweight, losing weight offers numerous health benefits, including reducing the risk of conditions like high blood pressure, heart disease, and type 2 diabetes.

Making small, simple changes to your eating and drinking habits can help you shed those extra pounds. Download the free NHS Weight Loss Plan to kickstart healthier eating, increase your activity levels, and begin your weight loss journey.

The plan is divided into 12 weeks, allowing you to:

- Set weight loss goals
- Track your progress and activity
- Plan your meals
- Get more active and burn more calories
- Make healthier food choices



Don't worry—the app makes it simple. Scan the QR code to download the app and take it one week at a time, and let's start today instead of waiting for "one day"!

## >>> HEALTHY LIVING

What is Healthy Living for people with type 2 diabetes?

Healthy Living is a free, online NHS programme that supports people to live well with type 2 diabetes.

It includes information and advice about:

- Type 2 diabetes
- Eating well
- Becoming more active
- How to look after your body and mind
- Weight management
- Living with diabetes, including driving, working and travelling
- Stress management
- Blood sugar monitoring

You can use the Healthy Living programme whenever suits you, and for as long as you need - there is no limit to access so you can learn at your own pace. It can also be used alongside any other diabetes programmes or education you may be taking part in.

To find out more about Healthy Living scan the QR code or if you have any queries, please email [england.digitaldiabetes@nhs.net](mailto:england.digitaldiabetes@nhs.net)

