

Newsletter from your Patients' Group – April 2024

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If you are unable to see this Newsletter, or the attachments within it, clearly on your phone or tablet, you can also find it on the Surgery's website at: <https://www.centralsurgerysawbo.nhs.uk/patients-group-newsletter-january-20201/>



Reminder: Your Patients' Group Annual Meeting: will be on Thursday 9th May 2024 at 19:00 in the Memorial Hall.

The meeting will focus on the new services at the Surgery and ways in which you can access them, either by phone, in person or, by the quicker and more efficient methods of, using Systemonline and/or the **NHS App**. It is hoped that during the interval break for tea/coffee, there will be an opportunity for patients to get help with registering for Systemonline at the Practice.

Come and hear from the Pharmacists about the Government's new **Pharmacy First** initiative, that was introduced at the end of January, and how this can help you look after your own health and reduce your need to visit the surgery for minor illnesses.

*Please remember to complete the Surgery Questionnaire before the Annual Meeting. It may have been sent to you as a text message **or** you can click on this link: <https://forms.gle/gQqxJrH7SuwWwZeA8> **or** you can visit the Central Surgery website: <https://www.centralsurgerysawbo.nhs.uk/central-surgery-patient-questionnaire-2024/> *



Pharmacy First was launched at the end of January. It aims to make access to treatment of common conditions easier for the public and to relieve pressure on GPs by visiting your local Pharmacy.

The Service will have three elements:

Existing Conditions – accessed by referral only from 111 or your GP:

- Minor illness consultations
- Urgent Repeat Medicine Supply

New Conditions – accessed by walk-in patients:

- Clinical Pathway Consultations (evidence-based healthcare)

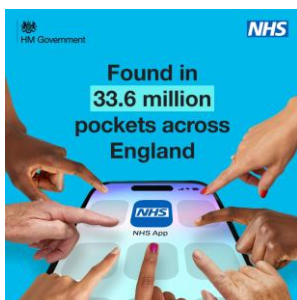
Clinical Pathway Consultations will involve the Pharmacist providing advice and possibly supplying a prescription, but only for one of the following seven common conditions:

- Acute Otis Media
- Acute sinusitis
- Acute sore Throat
- Impetigo
- Infected Insect Bites
- Shingles
- Uncomplicated Urinary Tract Infection in Women

There are age and other clinical exclusions for each of the conditions which the Pharmacy staff or Pharmacist will need to discuss with each patient or their support before anything can be prescribed. Following the initial consultation, the Pharmacist will recommend the most appropriate management or may decide to refer the patient on to the GP.

Both **Bell** and **Village Pharmacies** offer this walk-in service. You do not need to book an appointment.

You will be able to find out more about Pharmacy First and ask questions directly to one of our Pharmacists at the Patient Group Annual Meeting in May. (see agenda above)



The NHS App.: In November 2023, we spoke to you about the benefits of using the NHS App for re-ordering your prescriptions or booking an appointment and we outlined the step-by-step instructions for registering for the **NHS App**. on your Smartphone.

The **NHS** has produced three very good double sided pdf Step-by Step guides that you can access by clicking on the links below and printing of for your own use. If you are unable to click on the link, then just copy each one, paste them into your browser and then print them off for your own use:

Guide 1: [file:///C:/Users/User/Downloads/Do+more+with+the+NHS+App+A5+leaflet%20\(1\).pdf](file:///C:/Users/User/Downloads/Do+more+with+the+NHS+App+A5+leaflet%20(1).pdf)

Guide 2: <file:///C:/Users/User/Downloads/NHS+App+quick+start+guide+A5+leaflet.pdf>

Guide 3: <file:///C:/Users/User/Downloads/NHS+App+Repeat+Prescriptions+A5+leaflet.pdf>

The covid Spring Booster: The spring booster programme will begin in April 2024. You may be offered a spring COVID-19 vaccine from April 2024 if you:

- are aged 75 years old or over
- live in a care home for older adults
- are aged 6 months old or over and have a weakened immune system

The NHS will contact you if your NHS record suggests you may be eligible for a seasonal spring COVID-19 vaccine.

When available, there will be different ways to get a seasonal COVID-19 vaccine:

- booking online
- going to a walk in COVID-19 vaccination site
- through a local NHS service, such as a GP surgery
- through your care home

Village Pharmacy will be offering the vaccinations for those who are eligible.

Shingles Vaccination: Shingles is a common condition that causes a painful rash. It can sometimes lead to serious problems such as long-lasting pain, hearing loss or blindness.

You're more likely to get shingles, and it's more likely to cause serious problems, as you get older or if you have a severely weakened immune system.

The shingles vaccine helps to:

- reduce your chances of getting shingles
- reduce your chances of getting serious problems if you do get shingles

You are eligible for the Shingles Vaccination if you are:

People who turn 65 on or after 1 September 2023

From 1 September 2023, you're eligible for the shingles vaccine when you turn 65. You'll be offered 2 doses of the vaccine. These are given between 6 and 12 months apart. Your GP should contact you to make an appointment to have your shingles vaccine. Contact your GP surgery if you think you're eligible for the shingles vaccine and you've not been contacted about it. You'll remain eligible until your 80th birthday.

Information:

If you turned 65 before 1 September 2023, you'll be eligible for the shingles vaccine when you turn 70.

People aged 70 to 79

Everyone aged 70 to 79 is eligible for the shingles vaccine. Depending on the type of vaccine you have, you'll have either 1 dose or 2 doses (given between 6 and 12 months apart). Contact your GP surgery if you missed your vaccine. You're eligible up until your 80th birthday.

People aged 50 and over with a severely weakened immune system

You're eligible for the shingles vaccine if you're aged 50 or over and you're at higher risk from shingles because you have a severely weakened immune system.

This includes:

- some people with blood cancer (such as leukaemia or lymphoma)
- some people with HIV or AIDS
- some people who've recently had a stem cell transplant, radiotherapy, chemotherapy or an organ transplant
- people taking certain medicines that severely weaken the immune system

You will be given 2 doses of the shingles vaccine. These are given between 8 weeks and 6 months apart. Ask your GP or care team if you're not sure if you're eligible for the shingles vaccine.

Important:

You can get shingles more than once, so it's important to get vaccinated even if you have had shingles before.



Have you ever considered the benefits of Playing Bowls? It is a low impact sport suitable for all levels of fitness. It can, particularly for older people, provide a number of health benefits including improved fitness, mobility, balance, and hand to eye coordination. It may enhance confidence, self esteem and mental wellbeing as well as possibly offsetting muscle loss and reduce frailty. Bowls clubs are very sociable places so bowls is a great way

to relax and make new friends.

You can walk up to 3 miles during a game and burn off 200 plus calories per hour of play according to <https://www.bowls.co.uk/> There are three clubs in the local area and all welcome experienced players and for those new to the game can provide training and the equipment to get you started; just remember to wear flat shoes.

Sawbridgeworth Bowls Club situated at Cricket Club Grounds (Town Fields), CM21 9AN, will have open days over the May Bank Holiday.

Bishop's Stortford Bowls Club situated in Bowling Lane, CM23 5FE, will have open days on 6th and 7th April.

Havers Park Bowling Club situated in South Street, Bishop's Stortford, CM23 3JB, will have open days on 19th and 20th April.

Why not give it a go and check out their web sites for further information?

<https://www.sawbridgeworthbowlingclub.co.uk/community/sawbridgeworth-bowling-club-20338/home/>

<https://www.bishopsstortfordbowlingclub.org.uk/>

<https://www.haversparkbowlsclub.co.uk/>