

SHIFA SURGERY

November 2024 newsletter

GET WINTER READY

We are now heading into the colder months of the year. Some people are more vulnerable to the effects of the colder weather. This includes:

- People who are aged 65 and older,
- Babies and children under the age of 5,
- People on a low income (so cannot afford heating),
- People who have long-term health condition,
- People with a disability,
- Pregnant women,
- People who have mental health conditions.

Cold weather can have serious consequences for older people's health, and those with pre-existing illnesses such as heart or lung conditions are particularly at risk. Changes to our bodies as we age, such as loss of muscle mass, make it harder for our bodies to regulate temperature, making us more vulnerable to the effects of cold temperatures. It's important to get medical help as soon as you feel unwell. You can get help and advice from:

- **A pharmacy** - pharmacies now offer a 'Pharmacy First' scheme. The new Pharmacy First scheme enables your local pharmacy to treat some common conditions with prescription-only medicines, without you visiting your GP.
- **Your GP** - you may be able to speak to a GP online or over the phone, or go in for an appointment if they think you need to
- **NHS 111** - go to 111.nhs.uk or call 111 if you have an urgent medical problem and you are not sure what to do

The sooner you get advice, the sooner you're likely to get better. In an emergency, go to A&E immediately or call 999.

Keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom. This is particularly important if you have a health condition. Make sure you're getting all the help that you're entitled to. There are grants, benefits and advice available to make your home more energy efficient, improve your heating or help with bills.

Find out more about ways to save energy in your home from **GOV.UK** or call the government helpline on **0800 444 202**. You can also find out more from **GOV.UK** about benefits and financial support if you're on a low income.

WELCOME TO THE LATEST ISSUE OF OUR PRACTICE NEWSLETTER

Your feedback on this newsletter is welcomed, and we would also be delighted to hear of any ideas and content you would like to see in a future edition.

PROTECTED LEARNING TIME

PLT is an opportunity for the GP practice team including clinical, management and administrative staff teams to address learning and professional development needs.

Our next PLT day is **Tuesday 19th November 2024**. The surgery will be shut from 1.00pm onwards. Should you need a doctor during this time, please telephone the surgery number and your call will be dealt with by the out of hours service.

CHRISTMAS HOLIDAYS HOURS:

Please find our Christmas Opening hours below.

Wednesday 25th December - **CLOSED**

Thursday 26th December - **CLOSED**

Wednesday 1st January - **CLOSED**

Please note the surgery will open as usual from Thursday 2nd January.



UPCOMING HEALTH CAMPAIGNS

Anti Bullying Week

Anti-Bullying Week 2024 will take place from Monday 11th - Friday 15th November, with the theme: Choose Respect.

Anti-Bullying Week is an annual UK event, held in the third week in November which aims to raise awareness of bullying of children and young people, in schools and elsewhere, and to highlight ways of preventing and responding to it. It started in 2002 and has since grown to become a significant event in the calendars of children, families and schools. Anti-Bullying Week is coordinated by the Anti-Bullying Alliance (ABA) in England and Wales and the Northern Ireland Anti-Bullying Forum (ABA's sister organisation) in Northern Ireland.

MOVEMBER 2024

During the month of November, men are encouraged to grow a moustache to raise awareness for Movember, who are the leading charity changing the face of men's health. Men encourage their friends, family and colleagues to donate to their effort.

Men's health is in crisis. Men are dying on average 4.5 years earlier than women, and for largely preventable reasons.

A growing number of men - around 10.8M globally - are facing life with a prostate cancer diagnosis. Globally, testicular cancer is the most common cancer among young men. And across the world, one man dies by suicide every minute of every day, with males accounting for 69% of all suicides.

Movember is uniquely placed to address this crisis on a global scale. We fund groundbreaking projects all over the world, engaging men where they are to understand what works best and accelerate change.

Since 2003, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men.

COPD AWARENESS MONTH

COPD Awareness Month 2024 is a dedicated time to raise awareness about COPD and its impact on individuals and communities.

1.4 million people in the UK are living COPD, with about the same number believed to be undiagnosed. COPD stands for:

Chronic = it's a long-term condition and does not go away

Obstructive = your airways are narrowed, so it's harder to breathe out quickly and air gets trapped in your chest

Pulmonary = it affects your lungs

Disease = it's a medical condition

We offer all of our patients who suffer with COPD annual reviews with our Practice Nurse to ensure they are managing the condition well. It also gives patients the space to discuss any concerns they may have relating to their condition.

RESEARCH

Shifa Surgery has been taking part in research studies for many years and engage in several studies. We encourage patients to support the Practice in the studies that are active to help improve health for the future. If you would like to know more or be involved in a research study, please reach out to our research team who would be happy to speak with you.

We are currently involved in a research project: **RELIEF**. If you have asthma and are on Clenil and Salbutamol inhaler and would like to make an impact on patients who have asthma, please contact the research team at Shifa.

RELIEF NHS NOTTINGHAM CLINICAL TRIALS UNIT
at the University of Nottingham

Have you been prescribed regular, preventer treatment for mild Asthma?

You may be suitable to take part in a clinical study of a new relief inhaler.

Please ask your GP for further information.

We are offering a £15 inconvenience voucher for those who complete an initial assessment.

If you are already enrolled and have not received a voucher, please contact relief@nottingham.ac.uk

NIHR National Institute for Health and Care Research

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INTRODUCTIONS

We like to introduce you all to Dr Hannah Adam, who has recently joined us in October. Dr Adam joins us as our next ST3 GP registrar and will be with us for the next 12 months.



FLU VACCINE

Our flu vaccination season is in full swing. If you have still not received the vaccination and want to, please contact the surgery so we can get you booked in for a quick, simple injection. The flu vaccine helps protect against influenza, 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. The flu vaccine aims to protect you against the most common types of flu viruses. There's still a chance you might get flu after getting vaccinated, but it's likely to be milder and not last as long. The vaccine usually takes up to 14 days to work.

COVID VACCINE

The following groups will be able to have an NHS Covid booster from October:

- over-64s
- people aged between six months and 64 years with health conditions that make them more vulnerable
- people living in care homes for older people
- front-line health and social-care staff, including in care homes for older people

The NHS will contact eligible patients directly, but they can also book their own appointments via the NHS App, external, GPs, pharmacies, drop-in clinics, external or by calling 119.

RSV VACCINE

RSV is a common respiratory virus which can cause mild, cold-like symptoms but can cause serious lung infections. While RSV infection can occur at any age, the risk and severity of RSV and its complications are increased in older adults and in neonates and small babies. In small babies this condition can make it hard to breathe and to feed.

All adults turning **75 years old on or after 1 September 2024** will be eligible for the routine programme and should be offered a single dose of the RSV vaccine **on or after their 75th birthday. All women who are at least 28 weeks pregnant** should be offered a single dose of the RSV vaccine. You will remain eligible up to birth.



If you're at least 28 weeks pregnant or aged 75 to 79, you can get your free respiratory syncytial virus (RSV) vaccination here

FEEDBACK CORNER

"I recently had my bloods taken and I was fortunate enough to be attended by Sara. From the moment I walked in, she made me feel completely at ease with her warm and professional demeanor. Despite my usual nerves around blood tests, she reassured me throughout the process, explaining each step clearly and with such a calming presence. Her skill and precision were evident—there was barely any discomfort, and the whole experience was quick and painless. It's good to find expertise with genuine compassion, and Sara truly excels at both. I left feeling well cared for and appreciative of her exceptional service. A heartfelt thank you to Sara for making a potentially stressful experience so smooth and positive! A great asset to the Surgery".

PHARMACY CONTRACEPTION SERVICE

Pharmacists can help you with regular supplies of your oral contraception, as well as help with starting contraception for the first time, or after you have had a break from contraception. The NHS Pharmacy Contraception Service is free of charge.

Getting the contraceptive pill is free, with or without a prescription.

The pharmacist will let you know how to take the medication, and discuss possible side effects. They can refer you to a GP or sexual health clinic if needed.

