

Fosse Medical Centre (FMC) Patient Participation Group (PPG)

Newsletter – Autumn 2022
Issue 45



COVID IS STILL WITH US. PLEASE WEAR A MASK



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AUTUMN COVID AND FLU CLINICS **AT FOSSE MEDICAL CENTRE**

This year, as in previous years, Fosse Medical Centre is pleased to be able to offer covid boosters and flu vaccinations to eligible patients. Currently patients over 50, pregnant or aged over 5 and are at high risk due to health conditions will be invited by the surgery and possibly NHS England to attend a vaccination clinic. Flu jabs are offered free to the above group and people who are in long-stay residential care, receive a carer's allowance, live with someone who has a weakened immune system, are frontline health workers or are social care workers or carers, and people with a high BMI, who cannot get the vaccine through a health scheme at work.

Patients are encouraged to have the vaccinations when they are offered. The covid booster this year can prevent people getting both the old delta variant **and** omicron variants. It is most effective at preventing serious illness and death. As the incidence of covid is rapidly increasing at the moment, people are strongly urged to have the jab.

Doctors are anticipating a surge in the number of people suffering from colds and flu this winter as fewer people will have built up natural immunity to flu during the covid pandemic. Flu is unpleasant for most people but can be very dangerous and even life-threatening for some people. Particularly those with certain health conditions.

Research shows that if you are unlucky enough to get flu and covid at the same time a person is more likely to be seriously ill.

Whilst it is possible to get vaccinated at pharmacies, the doctors at Fosse Medical Centre strongly urge FMC patients to get their jabs at the surgery. It helps to ensure that records are kept accurately and also enables the healthcare professionals at the surgery to do any other necessary health checks at the same time. This saves patients having to come in for annual health checks and is an efficient use of time.

If you, or someone you care for has reservations, for whatever reason, about having either vaccination, please contact the surgery and a healthcare professional will explain to you why they consider it to be so important.

Don't worry if you have had your jabs and still receive texts or emails inviting you to have a jab. Sometimes it takes a little while for everything to be updated. It's better to have too many texts than to miss out!



NHS VACCINATIONS FOR BABIES AND CHILDREN

In the UK we are very lucky that important vaccinations are given to the population for free. Babies and children are given vaccinations at the most appropriate time and it is vital for a child's health and wellbeing that these are given.

In the last few years, there have been outbreaks of measles because some children have been left without protection. Measles, mumps and rubella can be very dangerous for children.

This surgery urges parents and carers to take up the offer of vaccinations when they are given. If the responsible adult thinks that their child has missed a vaccine, please contact reception on 0116 295 7100.

NHS vaccination schedule

Babies under 1 year old

Age

8 weeks

Vaccines

6-in-1-vaccine

Rotavirus vaccine

MenB

12 weeks

6-in-1 vaccinee (2nd dose)

Pneumococcal (PVC) vaccine

Rotavirus vaccine (2nd dose)

16 weeks

6-in-1 vaccine (3rd dose)

MenB (2nd dose)

Children aged 1 to 15

Age

1year

Vaccines

Hib/MenC (1st dose)

MMR (1st dose)

Pneumococcal (PVC) vaccine (2nd dose)

MenB (3rd dose)

2 to 10 years

Flu vaccine (every year)

3 years and 4 months

MMR (2nd dose)

4-in-1 pre-school booster

12 to 13 years

HPV vaccine

14 years

3-in-1 teenage booster

MenACWY

CERVICAL SCREENING

All women and people with a cervix aged 25 to 64 should be invited, by letter, to have a smear test. It's a test to help prevent cancer with early detection. It is very important that women take up this offer in order to ensure that any changes in their cervix can be treated before the cells get a chance to turn into cancer.

Please try not to put off cervical screening.

It is one of the best ways to protect yourself from cervical cancer.

PATIENTS WHO DID NOT ATTEND APPOINTMENTS

From 1st August – 27th September 2022, 468 appointments with doctors, the nurse, Health Care Assistants, the physiotherapist or the midwife were missed. That is over 100 hours!! Please call the surgery if you cannot make your appointment so it can be offered to another patient

Patient Participation Group

The PPG is a group of patients that communicate with the surgery to help to improve their services. If you would be interested to join the group please contact the Chair – Jane Rudon at janerudon@virginmedia.com for more information. We would particularly welcome BAME, LGBTQ+ and younger patients. Please get in touch! We are a friendly group so come along.