



## Your Doctors

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### Telephone

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## Practice Manager

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## **OPENING TIMES**

**8am—6.00pm**

**Dispensary 9am-5pm**

Closed Saturday & Sunday

### **Enhanced Access**

Monday & Tuesday evening, by pre-booked appointment only.

Call 111 for medical advice & direction: 999 for life-threatening emergencies.

## **When to call 999?**

**You should always call 999 in a life-threatening emergency:** heavy bleeding, chest pain, collapse or losing consciousness, extensive/major burns, sudden facial or limb weakness, seizures, spinal injury, floppy unwell infant, severe allergic reaction, poisoning or overdose, headache with loss of consciousness **all need 999.**

If you are unsure what to do, dial 111 to be directed.



We are delighted to be welcoming **Rhona Matthews** to the Bradworthy Surgery reception team. Rhona joined us on 1st December having only recently moved into the village, so we hope she enjoys being part of our friendly Bradworthy community as well as a valued member of the surgery team.

We'd like to take this opportunity to thank **Maureen Bird** for the time she has spent with us as part of the reception and admin team. Maureen will be with us for a few more weeks, but will be retiring at the end of December. It's been so good to work with her and we wish her a long a happy retirement!

An exciting addition to our Primary Care Network is **Carrie Birtles**, who starts with the team as Media Content Creator Apprentice on 11th December. This is a new apprenticeship, overseen by Baltic, and will see Carrie working alongside PCN team members and our long-standing Media Officer, **Dawn Bauling**, to learn new skills and expand what is possible on our valuable media platforms and website, as well as gaining valuable qualifications. She will, hopefully, be working behind the scenes at Bradworthy Surgery on a Wednesday.

## **DISPENSARY MATTERS**



Our Dispensary team is working hard to ensure that your regular medications are all ready for collection before Christmas. As we are only closed for 3 days over the festive period this year, in addition to weekends, it should not be necessary for anyone to order more than one month of medications. On the days we are open, our hours in reception and the dispensary will remain the same.

Text messaging our patients to let them know their medication is ready is working really well. We do, however, need to have your consent to use text messaging, as well as a mobile number on file to do this. If you would like to have this added then please let us know. It is essential that you keep us updated of any change in mobile number, however, so the message goes to the intended recipient. We will be contacting patients using the dispensary over the next few weeks, to ask if they want to make use of the texting service and give consent to receive text messages, if this isn't already in place.

**Last order date before Christmas : 19th December**



# INFECTION PROTECTION



Now we have completed our main Covid and flu vaccination clinics, we want to encourage our patients to take up the other vaccinations available to them at certain seasons of their lives. Occasionally age-ranges, and eligibility criteria change (as with shingles this year), so we hope you'll take up the option to get protected, when you're eligible. If you are in any doubt about what you are eligible for, and if it is right for you to have it, please speak to a member of the nursing team.

## Whooping cough

Whooping cough is a very serious infection, and young babies are most at risk. Most babies with whooping cough will be admitted to hospital.

When you have the whooping cough vaccination in pregnancy, your body produces antibodies to protect against whooping cough. These antibodies pass to your baby giving them some protection until they're able to have their whooping cough vaccination at 8 weeks old.

Your midwife should advise you when to have them during pregnancy Your baby will be called for vaccination—the first one being at 8 weeks old.

## Pneumococcal Vaccination



The pneumococcal vaccine helps protect against some types of bacterial infections that can cause serious illnesses like:

meningitis (an infection in the brain and spinal cord)

sepsis (a life-threatening reaction to an infection)

pneumonia (an infection in the lungs)

It can also help protect against other illnesses such as sinusitis and ear infections.

The pneumococcal vaccine is recommended for babies, older people (aged 65 and above), and children and adults at higher risk of getting seriously ill from pneumococcal infections.

## Measles & MMR

Due to a significant rise in the number of measles cases nationally and locally, and the decline in uptake of the MMR vaccination for children and young people under 25, please get in touch if you think you, or a child in your household are not up-to-date with their MMR vaccinations.

UK Health Security Agency

**Measles: Are you protected?**

You need **2 doses of the MMR vaccine** for lifelong protection.

If you haven't had **both doses**, you could be at risk.

Contact your GP practice and book an appointment if you're not up to date.

Measles is a nasty infection that spreads very easily and can cause serious problems in some people. Having the MMR vaccine is the best way to prevent it. If you're thinking of going to college or University, we're particularly keen to hear from you.

## Shingles Vaccination

Shingles is a common, painful skin disease. The vaccination for this has been offered to those in 70-79 age group. This is now changing with an increased roll out to those who are younger.

From 1 September 2023:

- Those aged 70-79 will still be able to get the shingles vaccine from their GP practice. They will either be offered one dose of Zostavax or two doses of Shingrix (6 to 12 months apart)
- All those aged 50 and over with a severely weakened immune system will be offered two doses of the Shingrix vaccine by their GP practice (8 weeks to 6 months apart).
- Those turning 65 and 70 on 1st September 2023 will be offered two doses of the Shingrix vaccine (6 to 12 months apart) by their GP practice as they become eligible (eligibility will go down to 60 years old in September 2028).

Research has shown that once people turn 80 it is no longer effective.

The shingles vaccine is usually given as an injection into the upper arm. You can have it at any time of the year and it gives lifetime immunity.

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



**Please get in touch if you'd like to book in for any of these vaccinations or to find out if you're eligible.**

**We will be closed for the Christmas & New Year break on:**

**Monday 25th December  
Tuesday 26th December  
Monday 1st January 2024.**

**Last day for ordering prescriptions:  
19th December 2023.**

**Last day for collections Friday 22nd  
December.**

**KEEP UP TO DATE!**

**BRADWORTHY  
SURGERY is on  
FACEBOOK**



**Wishing everyone a very happy festive season, good health, happiness and peace for 2024.**

