

## Patient Newsletter Autumn 2024

### Staff Starters at Watton Medical Practice

Since our last newsletter, we have had the following staff members join the practice.

- Madison Neal – Clinical Pharmacist
- Rosie Norton – Enhanced Recovery Worker
- Ellen Standley – Lead Cleaner
- Ewelina Foltyn – Cleaner
- Charlene Brown – Cleaner
- Claire McKechnie – Compliance Lead
- Lynne Sutherland – Care Navigator

### Medication Team Phone Line

You can now speak directly with our Medication Team from Monday to Wednesday between 10:00 and 12:00 for any medication queries you may have.

Additionally a member of our Medication Team is available each day to speak to our patients at front desk.

Whilst we're thrilled to offer this new service, please note that we are still unable to accept prescription requests over the phone.

### Carers Friendly Tick Award



We are proud to announce that we have been awarded the Carer Friendly Tick Award by Caring Together! This recognition highlights our commitment to supporting carers in our community, ensuring they receive the help and understanding they need.

A huge thank you to all our staff and carers for your ongoing dedication and support.

If you are a carer, or you know someone who is, please make sure you let us know through Reception or our website.

### Travel Vaccinations

Did you know we hold travel vaccination clinics?

If you are planning a trip abroad don't forget your travel vaccines. Protect yourself from diseases like hepatitis and typhoid. You can get advice around which vaccines you need based on your destination by filling in our travel vaccination form on our website or speaking to reception. Remember, safe travels start with good preparation.

### Evening and Saturday Clinics

Did you know we are open some evenings and Saturdays for pre-booked appointments with GPs and Nurses?

If one of these appointments would suit you, please ask Reception when booking.

## Protect Yourself This Winter: Flu, Covid, and RSV Vaccinations Now Available

As winter approaches, Watton Medical Practice is teaming up with Grove Surgery and School Lane Surgery to offer comprehensive vaccination services for flu, covid, and Respiratory Syncytial Virus (RSV). Here's a quick guide to help you navigate these essential health services.

We're making it easier than ever to protect yourself from flu and covid with our combined vaccination clinics. You can book both vaccines at the same time, saving you the hassle of multiple appointments. If you prefer only one vaccine, that's also an option.

### Eligibility for the Flu Vaccine:

You're eligible for a free NHS flu vaccine if you:

- Are aged 65 or over
- Are 6 months to 64 years old and in a clinical risk group
- Are pregnant
- Live in a care home
- Care for an older or disabled person or receive a carer's allowance
- Live with someone who has a weakened immune system
- Are a 2 to 3-year-old child
- School-aged children (Reception to Year 11) will be vaccinated at school
- Frontline health and social care workers

### Eligibility for the Covid Booster:

You're eligible for a free NHS covid booster if you

- Are aged 65 and over
- Are residents in care homes for older adults
- Are individuals aged 6 months to 64 years in clinical risk groups
- Are pregnant
- Frontline health and social care workers

### New RSV Vaccine:

A new RSV vaccine will be available this year for:

- Patients turning 75 on or after 1st September 2024
- Those aged 75 to 79 (catch-up program ending 31st August 2025)
- Pregnant individuals over 28 weeks (until birth)

RSV vaccines will be offered at the surgery or via antenatal clinics for pregnant individuals. This vaccine will be available year-round from 1st September 2024.

### Important Notes:

- Flu and COVID vaccines will be administered at our clinics at the HLC and Watton Medical Practice
- Children under 18 will have specific vaccination arrangements, including school-based flu vaccines and separate COVID booster bookings via the NBS.
- If you have received a letter about being immunosuppressed and eligible, bring it to your vaccination appointment.
- If you are not a patient at Watton Medical Practice, you can still receive your Covid and Flu vaccine at one of our clinics.

We're here to help you stay healthy this winter!

If you cannot attend your appointment, please contact the surgery to let us know. From 01 June to 31 August 2024, 571 appointments were missed.