



Autumn 2024 Newsletter

www.gibsonlaneppractice.co.uk



Covid and Flu Vaccination

Invitations are now being sent out to book your flu and covid vaccinations. If you have a mobile number, you will be sent a link to book directly into the clinics - please follow the link to book your appointment if possible rather than phoning the surgery. If you don't have a mobile number, you will be contacted directly by reception. Finally, if you are housebound, you will be contacted in due course to arrange a home visit.

All patients aged 65 and over will be invited first, then at risk under 65's invites will follow.

Children's flu clinics are yet to be scheduled, once we have confirmation of when the clinics are, you will receive a link to book.



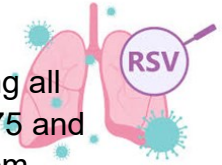
In the 3 months between June and August 2024, we had:

- **4142** Attended GP/GP registrar/Nurse Practitioner Appointments
- **93** Did not attend GP/GP registrar/Nurse Practitioner appointments
- **2737** Attended Nurse appointments
- **167** Did not attend nurse appointments
- **139** New registrations
- **6328** Prescriptions issued
- **11258** Total Patients registered



RSV Vaccinations

The practice has begun offering all patients between the ages of 75 and 79 and all pregnant women from 28 weeks' gestation the RSV vaccine.



Respiratory Syncytial Virus is a common cause of acute respiratory tract infections which are usually mild and self-limiting. Symptoms usually include runny nose, cough, and fever. For infants and older adults however, the virus can lead to more severe illness and hospitalisation. RSV infections can occur all year round, but cases peak every winter. RSV is highly infectious and is transmitted via respiratory droplets (coughing, sneezing), through close contact with an infected person or contact with contaminated surfaces.

The best way to protect yourself is to have the vaccine. For adults aged 79, you can get the vaccine up to the day before you turn 80. All women who are already at least 28 weeks pregnant on 1 September 2024 will be offered the vaccine as soon as possible.

The practice will be contacting all eligible patients who have not already booked an appointment when our stock arrives.

This is a year-round programme and should routinely be offered as a woman reaches week 28 of pregnancy or soon afterwards and all adults turning 75 years of age on or after 1 September 2024 (born on or after 1 September 1949) should be offered RSV vaccination on or shortly after their 75th birthday.



Bowel Screening Age Range Changes

The NHS Bowel Cancer Screening Programme is continuing to roll out the age extension of the eligible target population. This age extension is being implemented at different phases in different geographical areas. It has now been confirmed that patients registered with a GP Practice in Leeds are now eligible to be invited into the NHS Bowel Cancer Screening Programme from the age of 50. This makes the target population 50 – 74 years in Leeds, with screening offered to patients every 2 years

Stoptober is back this October with a new national campaign designed to encourage and support smokers to quit for good. #Stoptober

Over 5 million adults in England still smoke, and it remains the biggest behavioural cause of preventable illness and death, with 64,000 deaths a year. This year's Stoptober campaign is encouraging smokers to join the thousands of others who are committing to quitting for the month of October – quit smoking for 28 days and you're five times more likely to quit for good. Over the last 12 years, Stoptober has helped over 2.5 million people make a quit attempt.

When you stop smoking good things start to happen – quitting will allow you to start moving better, breathe more easily and give you more money to spend. Stoptober offers a range of free quitting tools including: the NHS Quit Smoking app, Facebook messenger bot, Stoptober Facebook online communities, daily emails and SMS, and an online Personal Quit Plan tool.

It provides information and advice on proven quitting methods: the range of stop smoking aids, including further information on how vaping can help you quit, and expert support from local Stop Smoking Services. Just search 'Stoptober' for more information.



Cervical Screening

Cervical Screening or a Smear Test as it was previously known which checks the health of a female's cervix. It is not a test for cancer it is a test to help PREVENT cancer. During the appointment a small number of cells are taken from your cervix using a soft brush. The test itself only takes a few minutes. If you feel worried at all or want to find out more information then speak with a nurse at the health centre or visit www.jostrust.org.uk or call the free helpline on 0808 802 8000 So...

If you receive your invite for a Cervical Screening please book that appointment at the earliest.



Bank Holiday Closure; 2024

Wednesday 25th December, Thursday 26th December

Staff News

We have recently welcomed our new care coordinator, Lloretta.

WHAT'S NEW?

From September we have a new practice nurse, Alice.

Sadly, at the end of August we said goodbye to our office supervisor, Linda. On behalf of the practice we wish her all the best in her new practice. She has been a valued member of the team and she will be missed by everyone.

Catherine Fox has now taken over the role of office manager.

We have welcomed 3 GP registrars: Dr Bronia Zbrzezniak, Dr Yasmin Elfouly and Dr Olivia Annal.

Target Training dates 2024.

We will be closed from 12pm for training on the following dates:

- Tuesday 17th September
- Tuesday 8th October
- Tuesday 19th November



Research Studies

The practice continues to work alongside trusted research providers such as Panthera & Synexus. If you are eligible to take part in any up and coming research studies you will receive a text message with the appropriate information. If you do not wish to take part you should ignore the message. For further information about any studies you are invited for, you should contact the research provider directly.

