

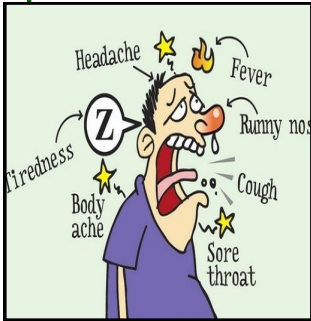


New RSV Vaccine - for older adults

Starting September 2024, those who turn 75 and those aged 75 to 80 (before the 80th birthday) will be eligible for a free vaccine at the practice to protect them from **respiratory syncytial virus (RSV)**.

RSV is an infectious disease of the airways and lungs. It often causes symptoms similar to a cold, including

- Cough
- Sore throat
- Sneezing
- Runny or blocked nose



It can also make you become wheezy or short of breath and lead to pneumonia and other life-threatening conditions. Every year, there are deaths due to this. RSV can be more severe in people with medical conditions such as heart or lung disease or a weakened immune system.

RSV infection is common in young children but is most serious for small babies and for older people. **This is not INSTEAD of the flu or COVID vaccine, and should be given separately.**

You can make an appointment at the Surgery for the RSV jab. This is available all year.

Flu Jabs - Support Your Practice

This year, you are entitled to a NHS flu jab as follows:

When?

From early September (Group 1)

- Pregnant ladies
- 2-3 years old (as at 31st August)
- a child with clinical risks.



After 2nd October (Group 2)

- over 65
- aged over 18 with a clinical risk
- a carer
- a close contact of immunosuppressed individuals
- a frontline worker in a social care setting

Why?

The NHS has made this specification regarding the timings of when you should have the jab to ensure patients have the most effective cover for all of the season.



Having the jab too early does not provide the lasting protection to cover January-March. There has been an increase in flu incidents later in the season.

How?

Weekday flu clinics at EPCC start in September for Group 1. Flu (and COVID jabs) will be available to everyone after 2nd October.

EPCC's first Flu/COVID clinic will be **Saturday, 5th October** 9am—5pm. Weekday clinics will also run throughout the next 3-4 months. If you are eligible, you can have flu and COVID jabs together if you wish, or on separate dates.

New Phone System

We have adopted the new national NHS phone system. We hope you will quickly notice improvements (despite a few teething problems). The new system has a number of enhanced features, including a ring back, which should improve your experience and access, and save waiting in queues.

Please make sure you listen to the call menu carefully—this has changed.

We appreciate being on hold is frustrating. We do take a lot of calls (and some calls can be long).

Did you know between May and October last year, 122,378 calls were made to the Practice?



Please support your practice - book your flu jab with us

We have purchased flu jabs for all of our eligible patients. We have to order over a year in advance to ensure we secure supplies. If unused, this will be a waste.

As a GP practice, we also depend on the income generated from flu jabs; it helps us to provide some healthcare services which make a loss—we would have difficulty in providing these without this income.

We rely on your support.



Quick Tip £££

If you pay for prescriptions (£9.90 each), you could save money by buying a NHS Prescriptions Prepayment Certificate (PPC).

3-month PPC - **£32.05** (this will save money if you have more than 3 prescribed items in 3 months)

12-month PPC - **£114.50** (will save if you have more than 11 prescribed items in 12 months)

HRT - annual PPC **£19.80** (savings if you have more than 2 prescribed HRT items in 12 months)

More information -

[Save money with a prescription prepayment certificate \(PPC\) - NHS \(www.nhs.uk\)](#)



Changing NHS

The NHS has to evolve to meet new challenges. Demand is ever-increasing and against fund limitations. Change, although sometimes difficult, is not always a bad thing. We are lucky to have Allied Health professionals who have joined our team (First Contact Physiotherapist, Mental Health Specialists, Clinical Pharmacists).

We have a number of other new Health Professionals join our team (as it's not always a GP a patient needs to see), but we still have our large team of 12 GPs.

Many of our GPs also offer specialist services. These are not available in all GP practices (eg minor ops, joint injections, coil and implant fitting). We see the value in offering these for our patients so they can have these services delivered locally and often avoid long waits at the hospital.



Staff Update

It is with heavy heart that we say Goodbye to some of our longest serving GPs (Dr Lim, Dr Reshmi & Dr Mark Dickson). They have served Eastwood in excess of 80 years between them! They will be dearly missed! You may, however, still see them on occasion doing a surgery clinic at EPCC.

Dr Amy White, Dr Mike Craven and Dr Richard Walker are your new GPs joining the EPCC team. Two of them were trainee GPs at EPCC (Dr Craven scored one of the highest marks in the region in his exit exams). It's nice to see they're back and settled in Eastwood.

Both Dr Norris and Dr Campbell are on maternity leave. Dr Norris is due back in September.

Also, Cynthia, our new practice nurse, has joined EPCC.



Dr Beth Homer—GP	Dr Richard Walker—GP
Dr Paul Scullard—GP	Dr Amy White—GP
Dr Summer Scullard—GP	Dr Johnson / Dr Campbell—GP
Dr Herbie Vaghela—GP	Dr Kamath / Dr Norris—GP
Dr Sophie Walker—GP	Nisha—Clinical Pharmacist & Prescribing Team Lead
Dr Syed Zaidi—GP	Louise—Paramedic
Dr Craven—GP	Ope—First Contact Physio
Dr Sarah Hamer—GP	

Get the NHS App & its Benefits



The new NHS app is owned and run by the NHS. It is a simple and secure way to access a range of NHS services on your smartphone or tablet. New services are being added to the app all the time.

Give it a try!

- Get health advice
- View your health record
- Order repeat prescriptions and see your medications
- View booked appointments at your surgery
- Register your organ donation decision
- View your NHS number
- Find out how the NHS uses your data
- Use it to provide proof of your COVID vaccination status

You can also access [NHS App services](#) on a computer.

Every Wednesday morning, our Digital Inclusion Officer, Pauline, is available at Church Walk to help you with access or to log onto the NHS App. No appointment is needed—just drop in.

Get the NHS App on your smartphone or tablet



GP Appointments at EPCC



EPCC offers both face to face appointments and call backs. GPs have limited capacity each day—when the receptionist tells you this has been reached, you may be signposted to other services (like walk-in centres or NHS 111).

Pharmacy First for acute minor ailments

EPCC offers a higher number of GP appointments per patient compared to local and national services, but we appreciate there is ALWAYS a demand for more. As funding allows, we will always keep striving to increase the number of appointments we offer.

Did you know that **you** can now access Treatment and Prescriptions (that are free if eligible) from your local pharmacist for many minor ailments now?

Ailments include:

- Sore throat
- Ear ache
- Insect bites
- Water infections
- Sinusitis
- Shingles

[Pharmacy First service already making a difference - NHS Nottingham and Nottinghamshire ICB](#)



Pharmacy First