

Welcome To The Bramcote Newsletter!

Welcome to the newest edition of the Bramcote Surgery newsletter and the first edition of 2025!



Follow us on Facebook! We update this regularly
<https://www.facebook.com/Bramcotesurgerypractice/>

Our Contact Details

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Our Email Address: nnicb-nn.patients.c84112@nhs.net

Our Facebook Page: bramcotesurgerypractice

Our Website: <https://www.bramcotesurgery.co.uk>

Accurx Econsults

This is a great way for you to contact our practice for non-urgent medical or admin requests. It is very simple to fill out so please do give it a go if you need to contact us.

You can use this to request things like Med3 renewals, test results, Non-urgent admin queries and much more. It may be easier for patients who would rather not ring the surgery. Following your Accurx request, we will forward this to the GP's for a reply and contact you via telephone call or SMS message.

You can access the form from our website:
<https://florey accurx.com/p/C84112>

DNA's in 2024:

515

DNA's in 2025 so far :

4

Think Pharmacy First

**Think
Pharmacy** **1st**

Going to your local pharmacy offers an easy and convenient way to get clinical advice on minor health concerns, and now community pharmacies can offer treatment for seven common conditions without patients needing to see a GP, as part of a major transformation in the way the NHS delivers care.

Highly trained pharmacists at more than nine in ten pharmacies can now assess and treat patients for earache, impetigo, infected insect bites, shingles, sinusitis, sore throat, urinary tract infections (UTIs) for women aged 16-64 — without the need for a GP appointment or prescription.

Community pharmacy teams are highly-skilled, qualified health professionals who have the right clinical training to give people the health advice they need. Patients don't need an appointment and private consultation rooms are available. Pharmacy teams can also signpost to other relevant local services where necessary.

Don't wait for minor health concerns to get worse – think pharmacy first and get seen by your local pharmacy team. For more information, visit nhs.uk/thinkpharmacyfirst

Child Immunisations

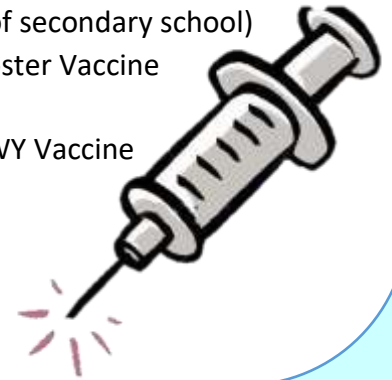
Its important that vaccines are given on time for the best protection, but if you or your child missed a vaccine, contact your GP to catch up.

Vaccines for babies under 1 year old:

- **8 week**- 6-in-1 Vaccine, Rotavirus Vaccine, MenB vaccine
- **12 weeks**- 6-in-1 Vaccine (2nd dose), Pneumococcal Vaccine, Rotavirus (2nd dose)
- **16 weeks**- 6-in-1 Vaccine (3rd dose) MenB Vaccine (2nd dose)

Vaccines for aged 1-15

- **1 year**- Hib/MenC Vaccine (1st dose) MMR Vaccine (1st dose) Pneumo Vaccine (2nd dose) MenB Vaccine (3rd dose)
- **2-15**- Childrens Flu Vaccine (every year until children finish Year 11 of secondary school)
- **3 years and 4 months**- MMR (2nd dose) 4-in-1 pre-school booster Vaccine
- **12-13 years**- HPV Vaccine
- **14 years**- Td/IPV Vaccine (3-in-1 teenage booster) MenACWY Vaccine



Stay Well in Winter



Some people are more vulnerable in cold weather, and as winter rapidly approaches, we need to think about how we can stay well when it's wintry. This might include vaccinations if you're vulnerable, making sure the temperature is warm enough indoors and making sure you're getting all the help that's available. <https://www.nhs.uk/.../seasonal-health/keep-warm-keep-well/>

The Met Office have some fantastic guidance on the things that might help us to stay well over the winter, including links to some of the available financial support you may be entitled to.

<https://www.metoffice.gov.uk/.../top-tips-for-staying...>

If you have elderly or vulnerable neighbours, can you check that they're okay? From knocking on the door to see if they're alright if you haven't seen them doing their normal activities, to sparing the time for a cuppa if they're alone for long periods, there are many things we can do to foster great communities and support our older population.

<https://www.thenationalcareline.org/.../CheckOnYourNeighbour>

Age UK run day centres for older people. With planned activities, a hot meal at lunchtime and with many offering accessible transport, you may find that getting out of the house, with a little support, is just what you need to have an enjoyable day – especially if enjoy some company and a warm welcome. <https://www.ageuk.org.uk/services/in-your-area/day-centres/>

Age UK run a variety of services to help and support older people. From transport to helping with small maintenance jobs around the home, Age UK can help across Great Britain. To find out more about the support Age UK offer, have a look at their local pages.

<https://www.ageuk.org.uk/services/in-your-area/>