



NEWSLETTER

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ISSUE #2

THRIVING NOTTINGHAM



We're excited to share the continued success of our partnership with Thrive Nottingham, a service that's all about helping you live healthier, happier lives. Over the past few months, Thrive Nottingham has been busy working within our practices to conduct Health MOTs.

Not only that, but we've referred hundreds of our patients to Thrive Nottingham for weight management sessions, conveniently delivered right here at your local GP practice. These sessions are a fantastic way to get expert advice and support in a familiar, convenient setting.

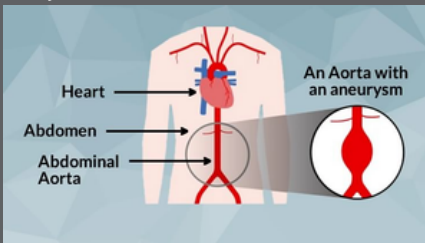
If you're interested in learning more about how Thrive Nottingham can help you, just ask at reception—we're here to guide you!

Did you know? Thrive Nottingham also offers tailored support for teens and families to help manage weight, as well as stop-smoking programs for those ready to quit.

Take the first step towards a healthier you—ask your GP receptionist about Thrive Nottingham today!



ABDOMINAL AORTIC ANEURYSM (AAA) SCREENING



We're excited to offer Abdominal Aortic Aneurysm (AAA) screening at our practices in the coming months. Eligible patients will be contacted directly by the AAA team to book an appointment. If you have any questions, please speak to your GP practice reception. Early detection saves lives!

WORKING WELL

Last month, we welcomed the Working Well East Midlands (IPSPC) team into our practices to offer personalised support and advice to our patients. The event was a huge success, with many patients benefiting from expert guidance and ongoing support tailored to their needs. If you would like more information on how then can support your employment journey please contact your GP practice



NHS APP

- Order Repeat Prescriptions: Save time by requesting your medications online.
- Access Your Health Records: View test results, vaccination history, and more.
- Check Your Symptoms: Get trusted advice on what to do next.
- Stay Connected: Securely message your practice for non-urgent inquiries.

KEEPING YOUR FAMILY HEALTHY: MANAGING COMMON WINTER VIRUSES

This winter, four common viruses are circulating: Flu, RSV (Respiratory Syncytial Virus), COVID-19, and Norovirus. These viruses can cause discomfort, especially in children, but most cases can be managed at home with the right care.

Caring for Your Child at Home

- Rest and Hydration: Encourage plenty of fluids and rest to help them recover.
- Manage Fever: Use age-appropriate fever reducers if necessary, and dress them comfortably.
- Prevent Spread: Wash hands frequently and clean surfaces to protect others.

When to Seek Medical Advice

Contact your GP or NHS 111 if your child:

- Has difficulty breathing.
- Is not drinking enough fluids or shows signs of dehydration (e.g., fewer wet nappies).
- Becomes drowsy or unresponsive.
- Has symptoms that worsen or do not improve after a few days.

For more detailed guidance, visit:

- [NHS Website](#)
- [What 0-18 Website](#)

Stay informed and keep your family healthy this winter!

PROTECT YOUR CHILD WITH IMMUNISATIONS

Childhood immunisations are vital for protecting your child against serious illnesses. If your child has missed any vaccinations, catch-up immunisations are available to ensure they're fully protected. Contact your GP practice to arrange an appointment and keep your child safe. Learn more about the importance of immunisations on the [NHS website](#).