

BUNTINGFORD & PUCKERIDGE MEDICAL PRACTICE

Autumn Newsletter – September 2024

In this edition.....

Vaccine Special!

Vaccinations, Vaccinations!!

- Autumn Flu & COVID campaign
- Whooping Cough (Pertussis)
- Shingles vaccination – eligibility
- Pneumonia vaccination

buntingfordandpuckeridgepractice.co.uk

Autumn HEADLINES!

GP Collective Action – what does this mean for patients?

Whooping cough cases are on the rise – how to protect your baby!

Booking appointments at the surgery

Wellbeing – Ware Priory Event and WithYouth

Other news!

Support for carers – Carers in Hertfordshire

AAA Screening – Are you eligible?

Community Assembly – update

My planned Care – information about referral times

GET YOUR FLU VACCINE HERE!

Flu is more serious than you think

Get the vaccine now

If you are pregnant, suffer from a medical condition or are aged 65 or over, it's more important than ever for you to get the flu vaccine.*

Contact your GP practice to find out their arrangements for flu vaccination. Your local participating community pharmacy may also offer the vaccine to certain eligible groups.

* For details of other groups who should get the vaccine see the 'Flu is more serious than you think' leaflet.

HSC Public Health Agency
Public Health Agency
13-15 Lincolns Green, Belfast BT2 8BB,
Tel: 0900 305 0114 Local 1333,
www.hsc.ie/flu

Find us on:
Facebook, X, Instagram, YouTube

NHS

flu: 5 reasons
to vaccinate your child

1. Protect your child
The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. Protect you, your family and friends
Vaccinating your child will help protect more vulnerable friends and family

3. No injection needed
The nasal spray is painless and easy to have

4. It's better than having flu
The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

5. Avoid costs
If your child gets flu, you may have to take time off work or arrange alternative childcare

Most children have the nasal spray vaccine which is the preferred vaccine. A vaccine injection is also available which does not contain gelatine from pigs (gelatine gelatin).

For more information visit
www.nhs.uk/child-flu

Flu Immunisation
Helping to protect children, every winter

If you are:

- Aged 65 of over
- An individual under 65 with certain medical conditions
- Pregnant
- Aged 2 or 3 on 31st August 2024

You will receive an invitation book a flu vaccination at the surgery. Please use the booking link or contact the surgery to reserve your vaccination. COVID will be given at the same time if deliveries permit.

Every vaccine the surgery provides contributes to patient care so every vaccine we give supports this surgery and the services we provide.

School age children up to Year 13 will be administered at school.

WHOOPIING COUGH CASES ARE ON THE RISE

Cases of Pertussis (whooping cough) continue to rise, whilst the uptake of maternal vaccine continues to decline in many regions.

- Cases of confirmed pertussis in all of 2023: 858
- Cases of confirmed pertussis in 2024 Jan – May only 7,599

Please contact the surgery to book this important vaccination.



Help protect your baby with the **whooping cough** vaccine

There is a lot of whooping cough around at the moment. Babies are at most risk, especially in their first weeks of life.

If you have reached 20 weeks of pregnancy or later and have not yet been offered the whooping cough vaccine, talk to your midwife or GP practice and make an appointment to get vaccinated.

Don't take the risk. Act now to protect your baby against whooping cough from birth. Contact your GP or midwife to get the vaccination.

immunisation

the safest way to protect yourself and your baby

© Crown copyright 2024.
Product code 24WCP01 10k June 2024 (APS)
UK Health Security Agency Gateway number: 224185
To order more copies of this poster or any other immunisation publications please visit:
www.healthpublications.gov.uk

Vaccinations to protect you from serious illness

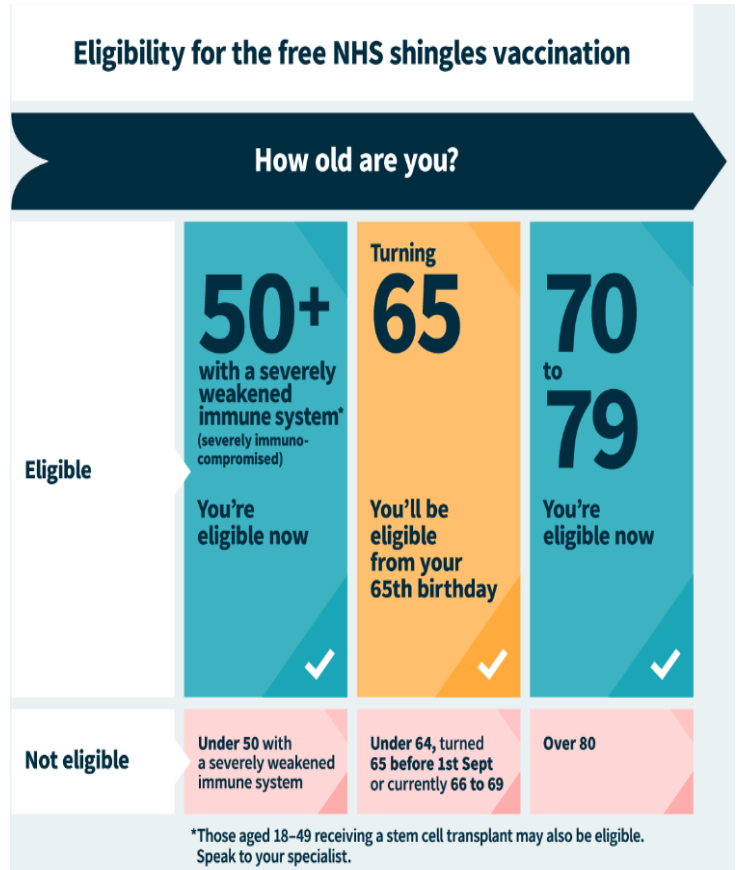
The **Shingles vaccine** helps protect against Shingles. It's recommended for all adults turning 65, those aged 70 to 79 and those aged 50 and over with a severely weakened immune system.

Shingles is a common condition which causes a painful rash. It can sometimes lead to serious problems such as long-lasting pain, hear loss or blindness.

You are more likely to get shingles and it is more likely to cause serious problems, as you get older or if you have a severely weakened immune system.

The Shingles vaccine helps reduce your chances of getting shingles and reduces your chances of getting serious problems if you get shingles.

<https://www.nhs.uk/vaccinations/shingles-vaccine/>



HOW TO BOOK AN APPOINTMENT FOR THESE IMPORTANT VACCINES

- Look out for an SMS Text invite to book online
- Call us at the surgery

We have regular clinics at both surgery sites with our Heath Care Assistants and Nurses.

Pneumococcal vaccine

– helping to protect against pneumonia, meningitis and other serious illnesses



Vaccination against pneumococcal disease for people aged over 65 or with certain health conditions



Every year, thousands of older people need hospital care for respiratory syncytial virus (RSV) infection.

RSV vaccination is the best way to protect yourself.

Your GP surgery will contact you to offer an appointment.



Are you aged 75 to 79?
You can protect yourself from serious lung infection

From September 2024, a new vaccine for respiratory syncytial virus (RSV) will be available to older adults aged 75-79 years old, and to pregnant women (from 28 weeks) to protect their baby.

The **Pneumococcal vaccine** helps protect against serious illnesses like pneumonia and meningitis. Its recommended for people at higher risk of these illnesses, such as babies and adults aged 65 and over.

The pneumococcal vaccine helps protect against some times of bacterial infections that cause serious illnesses like:

- Meningitis
- Sepsis
- Pneumonia

<https://www.nhs.uk/vaccinations/pneumococcal-vaccine>

The **NEW RSV Vaccine**

Respiratory Syncytial virus (RSV) is a common cause of coughs and colds. RSV infections usually get better by themselves, but can sometimes be serious for babies and older adults.

RSV infections are very common. Almost all children get them at least once before they are 2 years old.

They are not usually serious, but some babies and adults have a high risk of getting seriously ill, particularly:

- Babies under 6 months old
- Young children who were born prematurely
- Adults over 75 years

The RSV vaccine is recommended if;

- You are pregnant (from 28 weeks of pregnancy) – this will help protect your baby for the first few months after they are born.
- You are aged 75 - 79

<https://www.nhs.uk/conditions/respiratory-syncytial-virus-rsv/>

GP Services across England – Collective Action

You may have heard in the news about GP Collective Action.

The Buntingford & Puckeridge practice support the action being taken by GP's. However, the first thing to say is collective action is not a strike. No services will be withdrawn at our practice.

It is a chance for GP practices to act together to send a clear message to address the relentless increase in unfunded work that is being passed to General Practice which is impacting our ability to provide effective services.

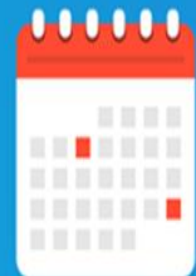
We value our patients and know that you value us too. We want to reassure you:

1. Our practice is still open during our normal published hours for patients, and you can continue to contact us to book appointments and ask for advice.
2. If you have an appointment, please attend as usual unless we contact you to tell you otherwise.



**GP practices will
continue to be open
during collective action**

If you have an appointment with your GP practice, you should attend unless you are told otherwise.



withYouth
YOUNG PEOPLE'S Digital Wellbeing Services

<https://www.withyouth.org/ware-cafe/>

There is a new mental health service for children and young people aged 10-18 in East Hertfordshire. On Wednesdays from 15:30—18:30, with last arrivals at 18:00, young people can drop in for some support. No appointment or referral needed. Help is available.

Need an appointment? Here's how to book

Consultations with Doctors, Nurses and Health Care Assistants are by appointment only and are normally for ten minutes. Longer consultations may be arranged when appropriate.

Surgeries are normally between 08.30 and 12.00 and 15.00 to 17.00. There are also surgeries available in the evenings.

An appointment is for one person only - where another member of the family needs to be seen or discussed, another appointment should be made.

We encourage you to see the **same** doctor (**Usual GP**) for an on-going problem to get the best care.

MEDICALLY URGENT APPOINTMENTS – PLEASE CALL BETWEEN 8.30 – 9.30 in the morning

Medically urgent problems will always be seen the same day. You will be asked for some details of your condition to clinically triage and direct you to the most appropriate clinician which may include a GP, Nurse Practitioner or Clinical Pharmacist. These can be face to face or telephone appointments.

ROUTINE APPOINTMENTS – PLEASE CALL AFTER 10.00

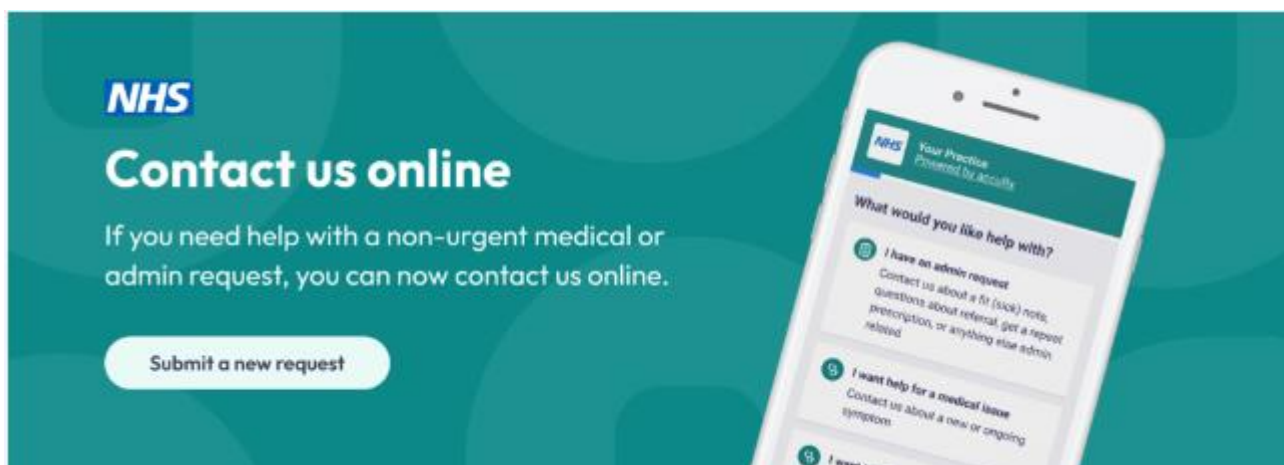
Routine appointments can be booked up to 6 weeks in advance and can be face to face or telephone.

CANCELLATIONS

If you cannot attend an appointment for any reason, please inform us as soon as possible in order for us to give the slot to someone else.

HAVE AN ADMIN REQUEST?

If you require a repeat Med3, are chasing a referral or need to request repeat medication for a child, this can be done online via the website



HAVE YOU HEARD ABOUT PHARMACY FIRST?

The new Pharmacy First service, launched 31 January 2024, adds to the existing consultation service and enables community pharmacies to complete episodes of care for 7 common conditions following defined clinical pathways.

The following table shows the 7 conditions pharmacists can manage across various age ranges.

Clinical pathway	Age range
Acute otitis media*	1 to 17 years
Impetigo	1 year and over
Infected insect bites	1 year and over
Shingles	18 years and over
Sinusitis	12 years and over
Sore throat	5 years and over
Uncomplicated urinary tract infections	Women 16-64 years

* Distance selling pharmacies will not complete consultations for acute otitis media.

Patients will be able to access the 7 clinical pathways element via referrals from referring organisations including general practice, urgent and emergency care settings, and NHS 111 (online and via telephone). In addition, for the 7 common conditions clinical pathway consultations only, patients can access the service by attending or contacting the pharmacy directly without the need for referral.

Buntingford Medical Centre Premises Update

Buntingford Medical Centre

The hybrid planning application was submitted to East Herts District Council earlier this year. Application documents are available to view on the Councils planning portal.

Queries should be directed to:

contact@harestreetroadconsultation.co.uk

FREE

Ware and Rural
PCN Presents
**Wellbeing
Event**

Sponsored by
Ware Charities



Thursday 21st. November 2024
10AM - 12PM

Meet local charities and services - Reach Out, Coffee and Coping, Mended, Citizens Advice Bureau, Local Social, Yoga4Health, Active in The Community, Phoenix Charity, Everyone Active, HILLS, Donna Reeves

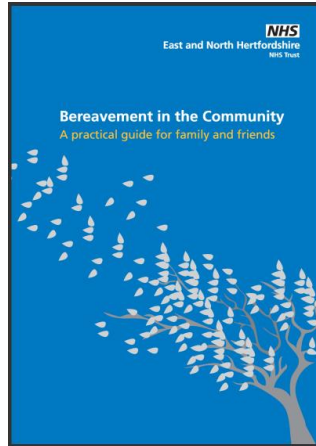
Location: Priory Hall,
Ware Priory, Ware,
SG12 9AL

Are you recently Bereaved?



<https://www.rns.uk/east-and-north-hertfordshire-nhs-trust-community>

East and North Hertfordshire NHS Trust Community Bereavement Booklet



Or pick up a hard copy from the surgery

<https://www.carersinherts.org.uk/>



If you are a carer, please ensure you notify the practice to ensure this is recorded in your medical record

For enquiries about any of our courses and workshops, please email learning@carersinherts.org.uk or call us on 01992 58 69 69.

The work of the Community Assembly: Our Year in Review

Launched in September 2021 the Community Assembly for the **East and North Herts Health and Care Partnership** has grown from strength to strength with a strong cohort of patient, voluntary and community, NHS and social care representatives working together to jointly set the agenda so that issues of concern to patients can be heard.

Chaired and managed by **Healthwatch Hertfordshire** as an independent patient champion the assembly is involved with the partnership's strategic direction and provides a collaborative forum for a broad range of voices within communities who want to help shape and improve local health and care services.

As the NHS continues to transform, the Assembly has explored some key issues and heard about some exciting initiatives all aimed at improving patient experience, including:

An insightful overview of some exciting district level **partnership initiatives** targeted at improving health in their local areas. Focussed on place-based health inequalities they gave examples of their work including a **Homelessness Project in East Herts** and a **Mental Health in Young People Project in Stevenage**. You can listen to some young people talking about their **5 Ways to Well-being framework** [here](#).

Hospital at Home - where using a Lived Experience Advisory Panel helped the partnership to find ways of looking after patients safely in their own home by avoiding hospital admission or allowing for quicker hospital discharge. The model helps to speed up recovery whilst freeing up hospital beds. Read more about it [here](#).

"I don't know anyone who likes being in hospital, so the sooner you get in and out, the better."

Hospital at Home patient feedback

The **Outpatient Transformation Programme** including the introduction of **Patient Initiated Follow-up Pathways (PIFU)** for some patients to initiate appointments if and when needed and the new **Patient Engagement Portal (PEP)** which is a new way for patients to receive information about appointments and treatment with re-designed pathways and streamlined contact centre processes.

The new **Heart Failure Service** enables patients with heart failure to be monitored closer to home and benefit from earlier identification, diagnosis and management of their condition. Patients have access to a consultant cardiologist and specialist nurses working alongside community nurses, care providers and hospices and the new direct access echocardiogram pathway.

*"I'm pleased to be one of the first to be part of a **virtual ward for heart failure**. The programme provides the reassurance of being closely monitored with the **convenience of being at home**, not having to travel for hospital appointments."*

Virtual ward heart failure service patient feedback

Developments in **Primary Care** covering GP Access, pharmacy, optometry and dentistry. Examples include empowerment through GP self-referral and access to records, telephony upgrades and the new wider role of '**Pharmacy First**' launched on 31st January 2024. New clinical pathways for this service include sinusitis, insect bites, shingles, UTIs, impetigo, sore throats and acute otitis media.

Patient Engagement Forum (PEF)

September 2023 saw the launch of a new Patient Engagement Forum for the Herts and West Essex Integrated Care Board and the Chair of PEF, Alan Bellinger provides regular updates to the Assembly about their work, with contributions from patient reps Mike Carn and Claire Uwins.

Having an advisory role, networking is key to the group and bringing the patient voice to the Integrated Care Board. **PEF and the Board** have together identified a programme of **14** key issues and will be focussing on some 'deep dive' areas including GP practices, patient choice and urgent and emergency care.

Way Forward

Health and Care Partnerships – April 2024

One of four partnerships across the system, the East and North Herts Health and Care Partnership (ENHHCP) will have a clear plan of action to enable the delivery of a future operating model. This will be overseen by the Integrated Care System (ICS) and monitored by the Integrated Care Board (ICB). The plan has four work streams:

- delivering system priority programmes of work
- developing financial arrangements and reporting
- reviewing governance arrangements and
- defining a longer-term vision and ambition.

There is a huge opportunity for the Community Assembly to influence and inform priorities of the partnership. As we move towards the Health and Care Partnership model in April it is so important to have the patient voice at all levels.

Community Assembly Attendance is now well established with a core and growing group who attend on a regular basis. Our PPG representatives have a powerful impact on the group as will the new Patient Engagement Forum, but we still want to broaden our reach in terms of diversity and representation to include, for example, more community and faith groups, people from seldom heard communities and more Council representation.

PPG representative
commenting on
Community Assembly



"As NHS patients, our thoughts and suggestions are listened to **and fed into the new ways the NHS is working"**

How to join us

If you would like to find out more or get involved with Community Assembly, please email your details to: info@healthwatchhertfordshire.co.uk

We meet every quarter on a Friday from 9.30am – 11.30am, with our next meeting on 17th May 2024.



Click or scan to find out more about our next meeting



MALE 65+

AAA SCREENING IN HERTFORDSHIRE!

The Hertfordshire AAA Screening Programme started in 2013.

10 Minute ultrasound scan that can save your life!

Scanning in 15 venues across the county

Hertfordshire offer Abdominal Aortic Aneurysm (AAA) screening free of charge for men aged 65 and over

The aorta which carries your blood supply from the heart can expand and become weak. This can be fatal!

80,000 men scanned

An AAA has no signs or symptoms.

Over 330 men on our surveillance programme

To find out more information about this scan or to book an appointment call 01727 897719

My Planned Care

Helpful information for patients waiting for clinical opinion, treatment, or surgery.

My Planned Care gives you advice and support while you wait and helps you to prepare for your hospital consultation, treatment, or surgery. This includes giving you information about waiting times at your hospital and other supporting and local services while you wait.

This site is updated weekly and can be viewed by anyone, which means you, your family or carer as well as your NHS team can all see the latest information.

Your hospital team will be in touch with you as soon as they can. If you are looking for an update, please check this website before contacting your hospital or GP.

Region

Please select the region where your hospital is located using the list below, or the interactive map.

- [➔ East of England](#)
- [➔ London](#)
- [➔ Midlands](#)
- [➔ North East and Yorkshire](#)
- [➔ North West](#)
- [➔ South East](#)
- [➔ South West](#)

A-Z search

You can also find your hospital or treatment centre using the [A-Z Search](#) or a [Postcode Search](#). In addition, you can compare average waiting times for your local hospitals.

