



PATIENT PARTICIPATION GROUP WINTER NEWSLETTER 2023

This newsletter is prepared by volunteer patients who meet around four times a year. The aim is to maintain good communications between the practice and the patients. We also attend seminars run by the Health Authority. This ensures that we have a voice, not just from the practice staff but also from us, the patients.

Have you used the Practice website to find information? The search facility at the top of the page is very useful: -

www.lapalmedicalpractice.co.uk

If you would like to join us or just find out a bit more, please enquire at reception.

We would welcome your feedback on our newsletter, if you have any comments, please pop a note in the suggestion box which can be found on the table in the main reception area.

Thank you for taking the time to read our first edition Newsletter and please look out for the Spring Newsletter.

Vaccination appointments available at the Practice

Flu for over 65's and at risk under 65's, these can be given up to end of March but the sooner you have the vaccination the sooner you are protected.

Pneumonia Vaccine available at any time of the year to over 65 or at risk under 65's

Shingles see criteria chart below



Eligibility for shingles vaccine

If you have a severely weakened immune system (as described in the Green book chapter) you will be offered the shingles vaccine from 50 years of age

If you are over 70 years of age and have not had shingles vaccine before you remain eligible up to your 80th birthday

| ELIGIBLE FROM (YOUR BIRTHDAY) | DATES OF BIRTH | PROGRAMME START DATE | PROGRAMME YEAR |
|---|--|-------------------------|-----------------|
| CATCH UP STAGE 1 70th | 1 September 1953 – 31 August 1954 | 1 September 2023 | Year 1 |
| | 1 September 1954 – 31 August 1955 | 1 September 2024 | Year 2 |
| | 1 September 1955 – 31 August 1956 | 1 September 2025 | Year 3 |
| | 1 September 1956 – 31 August 1957 | 1 September 2026 | Year 4 |
| | 1 September 1957 – 31 August 1958 | 1 September 2027 | Year 5 |
| 65th | 1 September 1958 – 31 August 1959 | 1 September 2023 | Year 1 |
| | 1 September 1959 – 31 August 1960 | 1 September 2024 | Year 2 |
| | 1 September 1960 – 31 August 1961 | 1 September 2025 | Year 3 |
| | 1 September 1961 – 31 August 1962 | 1 September 2026 | Year 4 |
| | 1 September 1962 – 31 August 1963 | 1 September 2027 | Year 5 |
| CATCH UP STAGE 2 65th | 1 September 1963 – 31 August 1964 | 1 September 2028 | Year 6 |
| | 1 September 1964 – 31 August 1965 | 1 September 2029 | Year 7 |
| | 1 September 1965 – 31 August 1966 | 1 September 2030 | Year 8 |
| | 1 September 1966 – 31 August 1967 | 1 September 2031 | Year 9 |
| | 1 September 1967 – 31 August 1968 | 1 September 2032 | Year 10 |
| 60th | 1 September 1968 – 31 August 1969 | 1 September 2028 | Year 6 |
| | 1 September 1969 – 31 August 1970 | 1 September 2029 | Year 7 |
| | 1 September 1970 – 31 August 1971 | 1 September 2030 | Year 8 |
| | 1 September 1971 – 31 August 1972 | 1 September 2031 | Year 9 |
| ROUTINE 60th | on or after 1 September 1973 | 1 September 2033 | Year 11 onwards |



immunisation
The safest way – protect yourself

Pharmacy first to treat minor ailments to prevent a Doctor's Appointment

[Pharmacy First Minor Ailments Scheme - Community Pharmacy Dudley](#) - use this to search for a pharmacy near you

- The scheme is only for the treatment of a current common ailment and not to restock medicines
- The patient will need to attend the pharmacy personally

Attending patients will need to bring their *NHS number* with them for the scheme to operate. Conditions that can be treated for either under 16 (U16), over 16 (O16), or both include:

| Acute cough | Acute fever (U16) | Acute Pain/Earache/ Headache/Temperature (O16) | Athlete's foot |
|----------------------------------|-----------------------------|---|------------------------------|
| Bacterial conjunctivitis | Bites, stings and allergies | Cold sores | Colds and 'flu |
| Constipation | Cystitis (O16) | Diarrhoea | Dry skin/simple eczema (U16) |
| Dermatitis/allergic rashes (U16) | Earache | Earwax | Hay fever |
| Haemorrhoids (O16) | Heartburn/indigestion (O16) | Infant decongestion | Mouth ulcers & teething |
| Nappy rash | Scabies | Sore throats (O16) | Sprains & strains (O16) |
| Sunburn (U16) | Threadworms | Thrush (oral & vaginal) | Verrucas and warts |

Activity guidelines for adults aged 19-64

Adults should do some type of physical activity every day, exercising just once or twice a week can reduce the risk of heart disease or stroke.

- spread exercise evenly over 4 to 5 days a week, or every day
- reduce time spent sitting or lying down and break up long periods of not moving with some activity.
- You can also achieve your weekly activity target with several short sessions of very vigorous intensity activity and a mix of moderate or vigorous activity.



Activity guidelines for children and young people 5-18.

Children and young people need to do 2 types of physical activity each week to develop movement skills, muscles and bone.

- aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week.
- take part in a variety of types and intensities of physical activity across the week.
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity.



For activity ideas, use the practice website search facility and type in where to get fit.

www.lapalmedicalpractice.co.uk