

# Greenmoss Medical Centre

## News



Patient Newsletter edition 16: November 2024

### **Pre-School Booster and Measles, Mumps and Rubella Vaccination**

Measles is a very infectious viral illness that is spread by coughs and sneezes. If you are not protected and have even passing contact with someone who has measles, the chances are that you will be infected too.

If you catch measles you will probably feel very poorly and be off school or work for around 10 days.

There is no treatment or cure for measles. Symptoms of measles include fever, sore red eyes, and rash.

It can be a very serious infection for some people. Complications are more likely to occur in certain groups including people with weakened immune systems, babies under one year old and pregnant women. Complications can include chest and ear infections, fits, diarrhoea, encephalitis (infection of the brain) and brain damage. Those who develop complications may need to be admitted to hospital for treatment.

We are still offering the vaccination at the Practice. Please ask at Reception

### **Closed for staff training**

Please note that the Practice (Surgery and Dispensary) is closed for staff training on Tuesday 5<sup>th</sup> November 2024 from 1pm. We re-open on Wednesday 6<sup>th</sup> November. We have no further training days planned until February 2025.

### **Flu/covid vaccinations**

If you are eligible but haven't yet booked your vaccination, please contact the Practice on 01270 376 800.

### **Tesco Blue token scheme**

We are very pleased to announce that we have been accepted on the blue token scheme at Tesco in Kidsgrove. Every time you buy something at Tesco, please ask for a token which you can then put in the box at the exit. The more tokens we get, the more money we will raise. If you use the self-checkout, you can still get a token but you need to ask the assistant.

Our project is to support carers. We will run initiatives in the Practice to help carers learn about safely lifting and moving their person and in defibrillator training in addition to offering short social events in the Practice.

If you are a carer and would be interested in the initiatives or if you have any other ideas of how we can help support carers please contact [janet.weaver@nhs.net](mailto:janet.weaver@nhs.net)

### **Against Domestic Abuse**

You may have noticed our Waiting Room displays each month. The topics are chosen by the Patient Participation Panel and usually have a health or social link.

This month is the United Nations International Day for the Elimination of Violence against Women (25<sup>th</sup> November)

We decided to look at this slightly differently and to promote awareness and support for women and men who may be subjected to domestic abuse.

Domestic abuse is not always physical violence. It can also include:

- coercive control and ‘gaslighting’
- economic abuse
- online abuse
- threats and intimidation
- emotional abuse
- sexual abuse

Anyone can be a victim of domestic abuse, regardless of gender, age, ethnicity, religion, socio-economic status, sexuality or background.

### Get help and support

All forms of domestic abuse are not acceptable in any situation. If you’re experiencing domestic abuse and feel frightened of, or controlled by, a partner, an ex-partner or family member, it’s important to remember that it’s not your fault and there is no shame in seeking help.

It may seem like a difficult step to take, but there is support available. Take a look at the Government website with a lot of information to help:

[Domestic abuse: how to get help - GOV.UK \(www.gov.uk\)](https://www.gov.uk).

If you need to speak to someone, Victim Support is available every day, night and day. Call free 24 hour Supportline [08 08 16 89 111](tel:0800111111). Please see our display for more information or talk to your health care professional, in confidence.

### Pink Hamper raffle

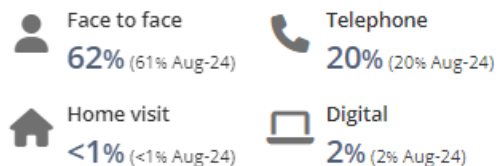
Thank you to everyone who supplied items for the raffle or who bought a raffle ticket /gave a donation. We raised **£300** for the Breast Cancer Charity. Here are two of our Patient Participation Group members ready to draw the winning tickets.



## Surgery Statistics

### September 2024

#### MODE OF CONTACT



#### AVAILABILITY

