



Northgate Medical Centre

Autumn 2024 Newsletter

Flu Campaign 2024 – 2025

We will be holding a Flu Clinic in practice on:

SATURDAY 12th OCTOBER

We will also be running clinics throughout the week. If you are eligible, we will be sending you an invite by text or post. Appointments for eligible children will be invited separately to attend a clinic throughout the week. If you're pregnant, you can be vaccinated to reduce the risk of complications for the baby. This also protects the baby for its few months of life.

From 1st September 2024

- Pregnant women
- Children aged 2 or 3 years on 31st August 2024
- Children aged 6 months to under 18 years in clinical risk groups.

From 3rd October 2024

- Aged 65 years and over
- Aged 18 years to under 65 years at clinical risk
- Care home residents (living in long-stay residential care homes)
- Carers
- Close contact of immunocompromised individuals
- Frontline social care staff

My child/someone I know was really poorly after the vaccine last time, so I don't want them to have it.

After the flu vaccine, some children might get a mild headache, feel tired and lose their appetite. The vaccine cannot cause flu.

I'm undecided. Where can I find some more information before deciding?

You should talk to your GP, practice nurse, pharmacist, or school immunisation team



Launch of **STOPTOBER** encourages thousands of smokers to quit the habit this October!



- ✓ Smoking remains the single biggest cause of preventable illness and death in England.
 - ✓ People are 5 times more likely to quit for good if they can make it to at least 28 days smoke free.
 - ✓ Speak to your GP or Practice Nurse to start your journey of quitting for good.
- For further information scan the QR Code



September is
SEPSIS AWARENESS
Month

How to spot sepsis in adults

- Slurred speech or confusion**
- Extreme shivering or muscle pain**
- Passing no urine (in a day)**
- Severe breathlessness**
- It feels like you're going to die**
- Skin mottled or discoloured**

September is Sepsis Awareness month; the charity aims to educate as many people as possible about this medical emergency that claims 11 million lives worldwide each year. Sepsis is a life-threatening emergency that happens when your body's response to an infection damages vital organs and, often, causes death. In other words, it's your body's overactive and toxic response to an infection. Like Strokes or Heart Attacks, Sepsis is a medical emergency that requires rapid diagnosis and treatment. Sepsis can lead so severe Sepsis and Septic Shock.

SEPSIS IN CHILDREN

A child may have sepsis if they:

- Are breathing very fast
- Have a 'fit' or convulsion
- Look mottled, bluish, or pale – on darker pigmented skin, colour changes may show on the inside of the forearms or palms
- Have a rash that does not fade when you press it
- Are very lethargic or difficult to wake
- Feel abnormally cold to touch

Call 111 or contact your GP if you are worried about an infection.



Call 999 or visit A&E if a child has one of the sepsis symptoms and Just Ask: Could it be Sepsis?

Chat Sexual Health is a confidential texting service offering you a quick and easy way to chat to us about all things sexual health. [Scan the QR Code below for more info](#)

Talk to us about:

- **STI Testing**
- **C-Cards/free condoms/safer sex**
- **Relationships**
- **Consent**
- **Contraception**
- **Emergency contraception**
- **Pregnancy testing**
- **LGBTQIA+ Support**



Cheshire West and Cheshire Sexual Health Hub is located on the ground floor of the Fountains Health Building. Everyone is welcome and you don't need to see a GP first. You can book an appointment online 24/7 or speak to the clinic on **0300 247 0020**. The telephone line is open Mon-Thur 9am- 5pm, Fri 9am-3:30pm & Saturday 9am-12:30pm

Respiratory syncytial virus (RSV) Vaccine

Respiratory syncytial virus (RSV) is a common cause of coughs and colds. It usually gets better by itself, but it can be serious for some babies and older adults. RSV vaccination will be offered from September 2024. A vaccine to help protect against RSV will be available on the NHS from 1st September 2024. You'll be able to get the vaccine if:

- you're aged 75 to 79
- you're 28 weeks pregnant or more – this will help protect your baby for the first few months after they're born



Your GP will invite you for your free RSV from September 2024. You can speak to your maternity service or GP surgery about getting your RSV vaccination if you're 28 weeks pregnant or more. Usually undiagnosed, RSV will have caused great concern and sometimes tragedy, for parents whose babies have struggled to breathe and feed due to bronchiolitis or pneumonia. 20,000 infants are admitted to hospitals in England each Winter due to RSV. The vast majority have no underlying medical conditions. Many need intensive care and 20-30 sadly die. The vaccine offers 70% protection against severe RSV lower respiratory tract infection over the most vulnerable first 6 months of life.

NHS HEALTH CHECKS

What is an NHS Health Check?

It is a regular check-up for people aged between 40 and 74 who aren't already receiving treatment for a long-term condition. The aim is to spot any early signs that could increase your risk of stroke, kidney disease, type 2 diabetes, or dementia.

What happens during your appointment?

During the appointment, our Nursing Team will ask some simple questions about your lifestyle, including your diet, how much you drink or smoke and your exercise habits. We will also record your height, weight, and blood pressure.

After the check, you can discuss any changes you could consider with the Nursing Team to help reduce your risk factors. **Often, simple changes can make a big difference.**

WELCOME BACK

We have
Dr Megan Parry
returning to us
from Maternity
Leave in September
and also
Dr Lewis Jones
will be joining us as
a 'Salaried GP'.

How to raise awareness for World Alzheimer's Day:

- Share a social media post on 21 September with #WorldAlzheimersDay.
- Register to volunteer at a local Memory Walk
- Organise or take part in a fundraising event.
- Donate and provide help and hope to people living with dementia.



Liverpool Memory Walk - Aintree Racecourse September 1st, 2024.

Share an incredible day with others who understand how it feels to be affected by dementia.

<https://www.alzheimers.org.uk/memory-walk/find-a-walk/liverpool>



To access our website scan the QR code below

