

# BENCHILL MEDICAL PRACTICE

AUTUMN 2024 NEWSLETTER



## WELCOME BACK...

We hope you have had a great summer!

As the days start to get shorter we have another newsletter with lots of information about the Practice and your health over the autumn.

[www.benchillmedicalpractice.co.uk](http://www.benchillmedicalpractice.co.uk)

**Benchill Medical Practice** 



## IMPORTANT UPDATES

**Seasonal Vaccinations:** As the colder weather starts to arrive so will Flu, COVID, Pneumonia and RSV. Please see more information about these vaccines in this newsletter.

**Cervical Screening:** The nurses are now able to do cytology and do your smear tests at the Practice. If you are over-due your routine smear check, please contact Reception on 0161 493 9101 to book an appointment.

## SEASONAL VACCINATIONS

It is important to get your seasonal flu and COVID-19 vaccinations if you're at higher risk of getting seriously ill from these illnesses.

### Who can have the Flu & COVID Vaccines.

You may be able to get the NHS Flu and COVID Vaccines if you:

- are aged 65 or over (excluding those who be 65 by 31.03.24)
- have certain health conditions or a Learning Disability
- are pregnant
- live with someone who has a weakened immune system
- are a carer
- are a frontline health or social worker
- live in a care home



### How to get your Flu or COVID Vaccine

If you are eligible you can get an NHS Flu Vaccine from:

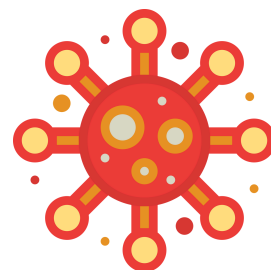
- Benchill Medical Practice
- A Pharmacy that is offering NHS Flu Vaccinations (if you're aged 18 & over).
- Some maternity services (if you're pregnant)

If you are eligible you can get an NHS COVID Vaccine from:

- Call 119 to Book or
- Book via the COVID Vaccine booking website
- Go to a walk in COVID Vaccination site.

## PNEUMOCOCCAL VACCINE

If you are Over 65, you are also eligible for the pneumococcal vaccine, which will help protect you from pneumonia. Ask at Reception about making an appointment.



### NEW RSV VACCINATION....

The RSV vaccine helps protect against respiratory syncytial virus (RSV). RSV is a common cause of coughs and colds. It usually gets better by itself, but in some people (especially babies and older adults) it can cause illnesses such as:

- pneumonia (a lung infection)
- bronchiolitis (a chest infection that affects babies)

#### Who should have the RSV vaccine

The RSV vaccine is recommended if:

- you're pregnant – from 28 weeks onwards to help protect your baby after they're born
- you're aged 75 to 79

Please contact Reception to book your RSV Vaccination today, and lets stay protected

## CHILDRENS FLU VACCINES

Benchill Medical Practice are offering the children's vaccine to children aged between 2 to 3 year and children who are at risk. Please contact Reception to make an appointment.

School-aged children (Reception to Year 6) will be offered the vaccine by the School Immunisation Service. and children with certain health conditions.

## CAMHS MEDICATION UPDATE

There is currently a supply issue with medication on a Shared Care Agreement. issued by Child and Adolescent Mental Health Services (CAMHS) .

Please note that we will only be able to issue a supply of alternative medication once CAMHS have advised what the best alternative should be.



## IMPORTANT AWARENESS DAYS/ MONTHS

### SEPTEMBER

Childhood Cancer  
Urology  
World Alzheimer's  
Blood Cancer  
Know Your Numbers (BP)

### OCTOBER

ADHD  
Menopause  
Breast Cancer  
Mental Health Day  
Pregnancy & Infant Loss

### NOVEMBER

COPD  
Diabetes  
Pancreatic Cancer  
Mouth Cancer  
Lung Cancer  
Men's Health