

# BENCHILL MEDICAL PRACTICE

OCTOBER 2025 NEWSLETTER



## WELCOME BACK...

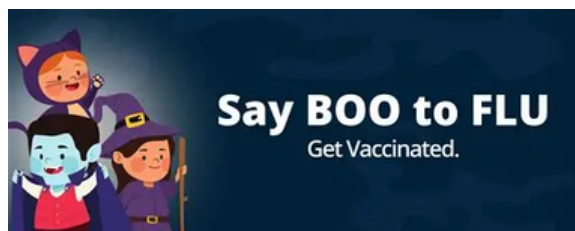
[www.benchillmedicalpractice.nhs.uk](http://www.benchillmedicalpractice.nhs.uk)

Benchill Medical Practice 

Welcome to our October Newsletter! As the seasons change and we head into Autumn, we want to keep you up to date with the latest news from our Practice. In this edition, you'll find important health reminders, seasonal advice, and updates on the services we're offering to support you and your family. With colder weather approaching, it is a good time to think about staying well throughout the winter months, and making the most of the resources available to you at the practice.

### WINTER VACCINATIONS

It is important to get your flu, COVID-19 and RSV Vaccinations if you are at higher risk of getting seriously ill from these illnesses.



#### Childrens Flu Vaccinations

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.

Reception to YR11 will be offered their vaccine at school.

### Flu & Covid Vaccinations

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

- are aged 65 or over
- 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

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.

### RSV Vaccinations

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 more severe illnesses.

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 let's stay protected

### Appointments Not Attended (DNA's)

In the month of September 3404 appointments were booked; unfortunately, 347 of them were not attended. This is more than 10% of appointments!!

If you are unable to attend your appointment, you can cancel through the following routes:

1. NHS App
2. Through the text message reminders you receive
3. Contacting reception



The NHS App helps you to get well, stay well and manage your health care. Its a simple and secure way to:

- Order repeat prescriptions
- Find NHS services
- View your GP health record
- Get reminders and messages

and much more ...

If you need any support using the app please contact Reception and speak to one of our Digital Champions.

## **IMPORTANT DATES TO BE AWARE OF....**

### **October is -**

ADHD Awareness Month  
National Cholesterol Month  
Breast Cancer Awareness Month  
Stoptober!  
Go Sober for October

### **Awareness Weeks -**

Back Care Awareness Week - 3<sup>rd</sup> to 7<sup>th</sup> October  
Dyspraxia Awareness Week - 6<sup>th</sup> to 12<sup>th</sup> October  
National Hygiene Week - 6<sup>th</sup> to 12<sup>th</sup> October  
Public Health Workforce Week - 7<sup>th</sup> to 11<sup>th</sup> October  
Baby Loss Awareness Week - 9<sup>th</sup> - 15<sup>th</sup> October  
National OCD Awareness Week - 12<sup>th</sup> to 18<sup>th</sup> October  
National Adoption Week - 16<sup>th</sup> to 22<sup>nd</sup> October  
Infection Prevention Week - 19<sup>th</sup> to 25<sup>th</sup> October

### **Awareness Days -**

World Dyslexia Awareness Day - 8<sup>th</sup> October  
World Mental Health Day - 10<sup>th</sup> October  
National Coming Out Day - 11<sup>th</sup> October  
World Menopause Day - 18<sup>th</sup> October  
World Osteoporosis Day - 20<sup>th</sup> October  
World Stroke Day - 30<sup>th</sup> October



For health advice and important information on the above topics, please visit our Facebook page. We regularly share valuable resources and updates to help keep you informed and healthy.

**Find us on Facebook by searching for "Benchill Medical Practice" or by clicking on the link provided on our website.**