



Reminders:

- We have a new online system for contacting the practice for medical and admin queries. This system is called AccuRX, You can access the link on our website, and your query will then be passed to a clinician for review.
- We operate a **zero tolerance** policy towards our staff, please be mindful of this when speaking with us, our team are doing their best to assist you.

RSV VACCINE

What the RSV vaccine is for

The RSV vaccine helps protect against respiratory syncytial virus (RSV). RSV is a common cause of coughs and colds. Most people get it several times during their life. 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)

These illnesses can cause serious breathing problems. They may need to be treated in hospital and can be life-threatening. The RSV vaccine helps reduce the risk of serious breathing problems like pneumonia and bronchiolitis.

Who should have the RSV vaccine

The RSV vaccine is recommended if:

you're pregnant – the vaccine is recommended during every pregnancy (from 28 weeks onwards) or if you're aged 75 to 79

YOUNG CARERS

Are you under 18 and care for someone in your family who lives with an illness, disability, a mental health problem or an addiction, who relies on your support? Do they rely on you to help with everyday tasks like cooking and cleaning, doing the shopping? Do you provide them with personal care like helping them get dressed, getting them showered, or giving them their medication. Do you listen to them and provide them with emotional support? If this is the case, you may be considered a Young Carer.

You can request a Young Carer's Assessment via the York Carers Centre website, contacting the York Carers Centre 01904 715490 or by emailing enquiries@yorkcarerscentre.co.uk.



HAPPY RETIREMENT

After **23 years**, Sheila has retired from our Reception team!

As a team, we have all benefited from her years of experience and we are sad to see her go. She have been an integral part of the practice.

NEW STAFF

We would like welcome Tracy H, Jill & Sam who are great additions to our reception team.

NEW MANAGEMENT

We would like to inform you that we have had a change of practice management. Both bring a wealth of experience to the role and are looking forward to developing the practice.

Sarah Bean is our Business Finance manager & Sarah Gowers is our Operational Manager.

We wish Tracey Johnson the best in her new endeavours.

TALKING THERAPIES

Talking Therapies is a national NHS programme designed to increase the availability of talking therapy treatments.

Significant events like bereavement, unemployment, relationship breakdown, traumatic events or even stress at work can lead to difficulties requiring help and support.

To make sure that the Talking Therapies service is right for you, you will need to complete a self-referral form. You can self-refer by telephone on 01904 556840 Monday-Friday 9am-5pm. Or via: yorkandselbytalkingtherapies.co.uk