



MUNRO MEDICAL CENTRE NEWSLETTER

AUTUMN 2024

Welcome to the Practice Newsletter. In it you will find some useful information, especially if you are not able to use a computer. However, there are references to important websites and it might be useful if you have a friend or relative who could gain access to the relevant information for you.

Clinicians

Our two Physician Associates, Lucy and Habeeb have settled in very well, and will now be treating minor illness in patients from the age of 2 to 70 years

We have also welcomed two new members of staff to our nursing team, Mirela as a Practice Nurse and Lisa as a Healthcare Support Worker, I am sure you will give them both a very warm welcome.

Change of Contact Details

Please ensure that the practice always has your up to date contact details, name, address, telephone number and email address. These can be updated by contacting the practice over the phone or by Econsult or email to LICB.C83022MMCADMIN@nhs.net

RSV Vaccines

A new vaccine has been introduced to protect patients from the respiratory syncytial virus. This virus is often the cause of coughs and colds which most people get several times during their lifetime. It can cause pneumonia and bronchitis in babies and older adults.

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) to help protect your baby after they're born.
- You're aged 75 to 79 years old

Covid and Flu Vaccination

The practice will once again be holding combined covid and flu vaccination clinics throughout October and November. Appointments will be available in the evenings, lunchtimes and weekends. We shall be visiting care homes over a weekend, and housebound patients will be contacted by the practice. Please contact the practice to make an appointment on 01775 715999.

Who should have a Covid 19 Vaccination?

- Are aged 65 or older
- Are pregnant
- Aged 6 months to 64 years and have an increased risk of getting seriously ill from COVID 19 because of a health condition or treatment
- Live in a care home for older adults

Who should have a Flu Vaccination?

To be entitled to a free NHS flu vaccine you :

- Are aged 65 or over

- Have certain long term health conditions
- Are pregnant
- Live in a care home
- Are the main carer for an older or disabled person or receive a carers allowance
- Live with someone who has a weakened immune system

- Frontline health and social care workers can also get a flu vaccine through their employer

Children’s Flu Vaccination

The children’s flu vaccine helps protect against flu. It is offered to children aged 2 to 3 years, and school aged children (Reception to Year 11) and children with certain long-term health conditions. If your child is aged between 2 and 3 years, please contact the practice to book an appointment. School age children are usually vaccinated in school, however if your child has missed this, please contact the practice to book an appointment.

Breast Cancer Awareness Month – October 2024

The aim of the NHS Breast Screening Programme (BSP) is to reduce deaths from breast cancer by detecting cancer at an early stage, when treatment is more successful. In England, breast screening is offered to individuals registered as female* between ages 50 and 71. The first invite is offered to women between ages 50 to 53, and then they are offered screening every 3 years until the age of 71. Females aged 71 and over can self refer every three years. The breast screening tests is a mammogram, which is done by a female mammographer at a clinic or mobile breast screening unit. Women who do not attend (DNA) or do not respond (DNR) to their appointment remain eligible for screening and contact BSP’s at any point to request screening. People can opt out if they do not want to receive screening invitations. To contact the BSP call 01522 573999 or email ulh-tr.BreastScreening@nhs.net to book an appointment.

*transwomen, transmen and non binary people registered as male are not routinely invited but can request breast screening.

What are the signs and symptoms of breast cancer?



The infographic lists the following signs and symptoms:

- A change in the size, outline or shape of your breast
- Changes in your skin such as puckering, dimpling, colour or a rash
- A new lump, thickening or bumpy area in one breast or armpit
- Swelling in your armpit, collarbone or breasts
- A discharge of fluid from either of your nipples
- Any change in nipple position (pulled in or pointing differently)
- An eczema like rash, crusting, scaly, itching or redness on or around the nipple that can cause discomfort

See a GP if you notice any changes

Safeguarding

A safeguarding concern is when someone may be experiencing abuse or is at risk of harm. Here are some examples of the types of abuse and harm we might consider a safeguarding concern:

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| Physical Abuse | Organisational or Institutional Abuse |
| Domestic Abuse | Self Neglect |
| Sexual Abuse | Neglect or Acts of Omission |
| Psychological or emotional Abuse | Mental Health Issues |
| Financial Abuse | Suicidal Thoughts |
| Modern Slavery | |
| Discriminatory Abuse | |

Reporting a safeguarding concern

If you believe that a child or adult may be a victim of neglect, abuse or cruelty call:

- Children's safeguarding - 01522 782111 (Monday to Friday, 8am to 6pm)
- Adults safeguarding - 01522 782155 (Monday to Friday, 8am to 6pm)
- or 01522 782333 (outside office hours)

You do not need to know everything about the situation. You may just be worried or feel that something is not right.

If you believe that a crime has been committed and there is an immediate risk of danger, call the police on 999 or 112.

If there is no immediate danger, call the police on 101.

People who are deaf, hard of hearing or speech impaired can use the police Typetalk service on:

- 01522 558263
- or, 01522 558140
- or, 07761 911287

If you have a concern about domestic abuse, call EDAN Lincs on 01522 510041.

Patient Participation Group (PPG)

You may be aware of our “friends of the surgery” group. (PPG). We are currently trying to re-establish this after the covid pandemic. The group is currently “virtual” receiving a copy of the quarterly practice newsletter and advised of any upcoming changes to the services offered and their feedback is welcomed. If you think you might be interested in getting involved in the group, please email licb.ppg.mmc@nhs.net

The next edition of the Practice Newsletter will be available in Winter 2024/25.