

SMS MEDICAL PRACTICE

NEWSLETTER



Happy New Year! We hope you had a restful and enjoyable festive season. As we step into 2024, we'd like to share some important updates and reminders from our practice.

RSV Vaccination

RSV (Respiratory Syncytial Virus) is a common virus that affects the lungs and airways. While most people recover without complications, RSV can cause serious breathing problems, especially in vulnerable groups like pregnant women and people aged 75-79. In some cases, it can lead to pneumonia or bronchiolitis, requiring hospital care.



Pregnant women who get the RSV vaccine can pass on protection to their baby, helping to keep them safe during their first months of life when they are most vulnerable to severe RSV infection. For older adults, the vaccine helps reduce the risk of severe illness, hospitalisation, and long recovery times.

If you're in one of these eligible groups, please contact us to book your vaccination appointment.

Final Round of Flu Vaccinations

Flu can make you very unwell, especially if you are older, very young, or have other health problems. The flu virus changes every year, which is why it's important to get vaccinated annually. The flu jab helps stop you from getting very sick and lowers the chance of needing hospital care.

Flu can spread easily, and even if you're healthy, you could pass it on to someone more vulnerable. Vaccination is one of the best ways to protect yourself and those around you.



If you haven't had your flu jab yet, please book an appointment now.

Over 500 Positive Google Reviews!

We're excited to share that we now have over 500 positive reviews on Google.

Thank you to everyone who took the time to share kind words – we really appreciate it!



Carers Health Checks – Book with Our Social Prescriber

A carer's health check is a chance to focus on your health and wellbeing as a carer. It can help you identify areas where you need support and create a plan to meet your needs. Here are some things you can expect during a carer's health check:

- Discussion: You can talk about your concerns and hopes for the future.
- Plan: You'll create a plan of action to help you meet your needs.
- Information: You'll receive relevant information and advice tailored to your situation.

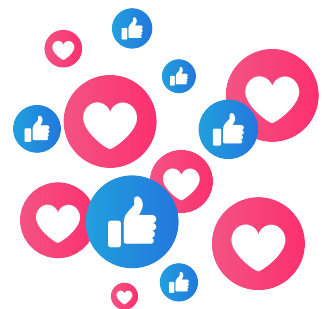
Taking care of your own health is important, not just for you, but also for the person you care for. Book your Carer's Health Check with our Social Prescriber today and take the first step towards better health and wellbeing.

Connect with Us on Social Media

Follow us on social media to see our latest news, health tips, and updates. It's a great way to stay connected with us.

<https://www.facebook.com/SMSMedicalPractice>

<https://www.instagram.com/smsmedicalpractice/>



Register with Us Online

Did you know that you can now register with us online? It's quick, simple, and hassle-free. In just a few easy steps, you can complete your registration and start enjoying all the benefits we have to offer.

Don't wait—register now and experience the convenience of online sign-up. Simply click the link to get started: <https://gp-registration.nhs.uk/Y01090/gpregistration/landing>

New Year, New You: Kickstart a Healthier Lifestyle

As we welcome the New Year, many of us set resolutions to improve our health and well-being.

If quitting smoking, getting healthier, or exercising more is at the top of your list, now is the perfect time to take action. Whether it's taking those first steps toward a smoke-free life, committing to a regular fitness routine, or simply making better lifestyle choices, small changes can lead to big improvements. Stay motivated and focused—this is your year to prioritise your health and well-being.



Remember, every step you take brings you closer to a happier, healthier version of yourself.

Thank you for your continued support and for being a valued patient of the practice!

Your GP Practice Team,
SMS Medical Practice