

PPG Newsletter for April 2023

Arrangements over Easter

The practice will be closed over the Easter bank holidays i.e. Good Friday 7th April 2023 and Easter Monday 10th April 2023. Please allow 5 working days for your repeat prescription to be processed before this break.

We wish you all a Happy Easter.

Covid Spring Booster - Early Warning

The NHS is planning for a Covid Spring booster campaign for

- adults aged 75 years and over
- residents in a care home for older adults
- individuals aged 5 years and over who are immunosuppressed

It is still to be confirmed but the plan would be to commence on 17th April until June 30th.

Bowel Cancer Screening Programme

The NHS in England (NHSE) is running a campaign for six weeks from 20th February, aiming to increase uptake of the Bowel Cancer Screening Programme (BCSP), which involves completion and return of the Faecal Immunochemical Test (FIT). The campaign is targeted at all adults aged 56-74 to encourage those who are eligible to participate.

Please see details via YouTube: <https://www.youtube.com/watch?v=il6VSceMWfM>

Stress Awareness Month is April

Stress and poor mental health are one of the biggest public health challenges that we're facing and we are still not taking its impact seriously enough. We continue to separate mental health from physical health and vice versa. Stress can lead to numerous health problems from physical problems, like heart disease, insomnia, digestive issues, immune system challenges to more serious mental health disorders such as anxiety and depression.

It is an opportunity for an open conversation on the impact of stress and its effects with friends, families, colleagues, and professionals. More details can be found at the Stress Management Society web site: <https://www.stress.org.uk/national-stress-awareness-month/>

MIND Well-being Practitioner

We now have Charlotte Hughes working with us. Charlotte is employed as a Wellbeing Practitioner through Andover MIND working across our Primary Care Network. In the role, she'll be working with patients who are struggling with their mental health and wellbeing, providing support and short-term recovery focused interventions to equipped patients with the skills they need to manage and improve their mental health. She has recently graduated with an MSc in Psychology with distinction from the University of Nottingham and has five years' previous experience in a Care and Support worker role.

Being prepared

Ticks are most active in the spring and summer months when the weather warms up but can be found all year round.

In the UK, Lyme disease is an uncommon infection estimated to be around 3000 cases in England each year and can be successfully treated with a full course of antibiotics. This is the case for most people who contract Lyme disease, but if left untreated, the infection can spread to the nervous system and other areas of the skin, joints or rarely to the heart. If the nervous system or heart is affected, then injected antibiotics may be offered.

Please do contact your GP practice if you are concerned that you or a family member have had a tick bite.

732 Revised version words

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