



***The latest patient news, views and announcements***

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**Our Autumn Flu & Covid-19 vaccine clinics**

As we move into Autumn 2024, it will soon be time for all eligible patients to have their Flu and Covid-19 vaccines. All eligible patients should by now have received their invitation to make an appointment at one of our Flu & Covid Clinics. Patients should use the booking link or call us on 01275 335666.



**Flu & Covid Autumn 2024 Clinic dates:**

5 October 2024, 12 October 2024, 19 October 2024 and 9 November 2024

**To be eligible for the Flu and/or Covid vaccines, patients must be:**

- ✓ Over 65 or
- ✓ Immunosuppressed

### Additional eligibility for the Flu vaccine is:

- ✓ All frontline Social/Health care workers – both clinical and non-clinical who have contact with an eligible patient

We anticipate vaccinating more than 4,500 patients over our four clinics, plus our housebound and care home patients.

If you think you may be eligible, but have not received an invitation, please call us and ask to speak to a Care Co-ordinator.

## The RSV Vaccine



Staying on the topic of vaccines, you may have heard about the new RSV vaccine, which helps protect against respiratory syncytial virus (RSV), a common virus that can make older adults seriously ill. It's recommended for adults aged 75-79 and those who turn 75 on or after 1 September 2024.

At Clevedon Medical Centre we're getting ahead of the 'coughs and cold season' by offering the RSV vaccine to all our eligible patients during special clinics in September and October. Invitations have already been issued.

RSV is a common cause of coughs and colds, but in some people (especially babies and older adults) it can cause illnesses such as pneumonia and bronchiolitis. If you think you are eligible for an RSV vaccine and you haven't been sent an invitation, please get in touch with us.

When you come for your RSV appointment, you may also be offered a shingles and/or a pneumococcal vaccination if you are eligible.

## Your health record at your fingertips

The NHS App gives you a simple and secure way to access a range of NHS services on your smartphone or tablet.



### What you can do with the NHS App

- Manage referrals
- Book appointments
- Get your NHS COVID pass for travel abroad
- Check your COVID vaccine record
- Order repeat prescriptions
- View your health record
- Learn how NHS uses your personal data
- Get health advice

### Keeping your data secure

To access the NHS App, you will need to set up an NHS login and prove who you are. Your NHS App then securely connects to information from your GP surgery. If your device supports fingerprint detection or facial recognition, you can use it to log in to your NHS App each time, instead of using a password and security code.

## Get involved in our Patient Participation Group



PPG members

We always welcome feedback from patients on how we can improve our services.

Our Patient Participation Group (PPG) met at St. Mary's Church Hall, Clevedon on 3 September, and the group looked at the main issues and concerns that affect CMC patients and discussed ways in which they could be addressed through the PPG.

It was agreed that the PPG has an important role in monitoring and helping to improve services by working with Medical Centre staff, and the PPG executive will be meeting management representatives at the end of September to discuss the views expressed by the PPG and to develop a future meetings programme.

The next PPG meeting will be held at the Medical Centre on 17 October at 6.45 pm.

### Why not get involved?

As a patient, you are eligible to join our PPG, either by personally attending meetings, or, if you can't commit to regular attendance, by becoming a virtual PPG member.

You can find further information about the Patient Participation Group, including a joining form, on our [website](#) or you can email [BNSSG.CMC.PPG@NHS.net](mailto:BNSSG.CMC.PPG@NHS.net)

## The important role of Research



Research plays an important role in how the NHS develops services and continues to provide high quality healthcare. Here at our Surgery, we have a small enthusiastic Research team who are keen to promote research in the Primary Care setting.

Working with patients, they gather high quality evidence, which will help ensure we are offering the safest, most effective ways to help prevent illness, improve health, and develop our services.

Taking part in research is voluntary and you should only agree if it feels right for you. Declining to take part in research will not affect the treatment you receive from us.

Left to right: Research team members Natanya Alder and Jo Mullen

### Some of our current research studies include:

- Testing devices to speed up diagnosis of urinary tract infection - The TOUCAN Study
- Use of amitriptyline to reduce pain in shingles – The Athena Study
- Allergy testing in babies with eczema with dietary advice – The Tiger Study
- Duration of antibiotic use for managing lower limb cellulitis – The Coat study
- Reducing treatment for blood pressure in later life – Optimise 2.
- Starting anticoagulation for people with atrial fibrillation, but no other risk factors to reduce strokes – Dare2Think
- Disease surveillance for people with stomach bugs - iiD3 Third Infectious Intestinal Disease study

### Recently published results:

The Immune Defence Study, which we were involved in, has found that advice to use commonly available nasal sprays (at the first sign of a cold, cough or flu) reduced days of illness. The two sprays used were Vicks First Defence and a saltwater spray. This study showed that both the sprays and a website designed to help people get more active and manage stress led to less severe illness and less antibiotic use. For more information [click here](#).

### Help protect patients and clinicians



We would kindly ask patients who are attending the Surgery with a respiratory illness – such as colds and coughs, sinusitis, laryngitis and sore throats – to wear a mask to help protect other patients and our clinician team. Masks are always available from Reception.

### And finally ...beat the 'check in' Queue



As you enter the Medical Centre, you may walk by the 'check-in' screen in the lobby.

By checking in for your appointment at the screen, you won't have to join the queue at the Reception Desk and can go straight to a chair in the waiting room ready for your appointment.

So don't walk on by, why not use the screen 😊

Thank you for reading our newsletter. If you would like to hear more about a particular topic, please let us know and we will include in future issues.

### Clevedon Medical Centre Team