

Fountains Medical Practice

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Fountains Medical Practice

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Fountains Autum/ Winter Newsletter

Team Update

We now have three registrars working with us! We have Dr Iftikhar and Dr Naseer who are here until the end of December and Dr Osakwe until the end of January.

Care Home Team Update

We want to Welcome back Dr Vaughan! Dr Vaughan has worked with us before as a Locum and has now joined the team. We know that the care homes love her and are happy to have her on board!

NHS App

The NHS App gives you a simple and secure way to access a range of NHS services. You can download this onto your smartphone or tablet via the Google play or App store. Through the NHS App you can order repeat prescriptions, book and manage appointments, view your GP health record and much more!

RSV

Respiratory Syncytial Virus (RSV) is an infectious disease of the airways and lungs. From 1st September 2024 we have been offering the vaccine for those who turn 75 and those age 75-79.

Covid and Flu

In time for the Autum covid check to see if your eligible for your covid vaccine. Those eligible are adults aged 65 years and over, residents in a care home for older adults, individuals aged 6 months to 64 years in a clinical risk group, frontline NHS and social workers, and those working in care homes for older people.

Those eligible for the flu vaccine are aged 2 and 3 years on 31 August 2024, eligible school aged children, those aged 6 months to under 65 in clinical risk groups, pregnant women, all those aged 65 years and over, those in long-stay residential care homes, carers, those in receipt of carer's allowance or main carer of an older disabled person, household contacts of immunocompromised individuals, frontline health and social care staff.

Practice Closure Dates

Below are the dates we will be closed due to Christmas and New Year

Wednesday 25th December 2024

Thursday 26th December 2024

Wednesday 1st January 2025

During this time if you have any medical attention please contact 111 or if an emergency 999.



Awarenesses this Autumn and Winter October

Breast Cancer Awareness Month
<https://www.breastcanceruk.org.uk>

National Cholesterol Month
<https://www.heartuk.org.uk/>

World Mental Health Day 10th October
<https://www.mentalhealth.org.uk/>

World Menopause Day 18th October

November

Movember, Men's Health Month
Lung Cancer Awareness Month

December

World AIDS Days 1st December

Social Prescriber Update

We are excited to announce we will be holding an Intergenerational Festive Singalong at The Hammond on Saturday 14th December, at 11am and 2:30pm. Tickets are £2 per seat, booking is available via the QR code.



Our pen pal project is going well, with the children from Dee Point Primary School meeting their pen friends for the first time.

We have formed close relationships with Cycling Without Age who are delivering weekly sessions to several homes taking residents on cycle rides on their trishaws. The residents are loving being in the outdoors and waving to everyone passing by.

Common Cold

You can often treat a cold without seeing a GP, it normally takes between 1-2 weeks to feel better. The symptoms come on gradually over 2-3 days which include a blocked or runny nose, sneezing, a sore throat, hoarse voice, cough and feeling tired and unwell. You can also have a high temperature, aching muscles, a loss of taste and smell and a feeling of pressure in your ears and face. Symptoms of a cold can last longer in younger children.

How to treat at home

- Plenty of rest
- Drink lots of fluid such as water
- Eat Healthy food
- Gargle salt water (Not suitable for children)
- Drink a hot lemon and honey drink to soothe a sore throat
- Breathe in steam to ease a blocked nose (try sitting in the bathroom with a hot shower running)

How to avoid spreading a cold

- Wash your hands often
- Use tissues when coughing or sneezing
- Bin used tissues as quickly as possible

How to prevent catching a cold

- Wash your hands
- Try not to share towels or household items with someone who has a cold
- Not touching your eyes or nose in case you've come into contact with the virus
- Staying fit and healthy

