



Minerva PCN

NEWSLETTER

St Michael's & The Beehive surgery



FLU SEASON

Flu vaccination is important because, while flu is unpleasant for most people, it can be dangerous and even life threatening for some people, particularly those with certain health conditions. The best time to have your flu vaccine is in the autumn or early winter before flu starts spreading.

Flu vaccines are very safe. All adult flu vaccines are given by injection into the muscle of the upper arm.

Most side effects are mild and only last for a day or so, such as:

- a slightly raised temperature
- muscle aches
- sore arm where the needle went in

Try these tips to help reduce the discomfort:

- continue to move your arm regularly
- take a painkiller, such as paracetamol or ibuprofen – some people, including those who are pregnant, should not take ibuprofen unless a doctor recommends it

Covid 19 boosters will be offered to over 65's.

STAFF UPDATES

Dr Boalch has joined us for placement whilst she continues her GP registrar course.

We have welcomed Shafaq, our new receptionist and Michelle, our new medical secretary.

We're so pleased to have them join our team.

After 15 years, Nurse Louise has retired. We are thankful for everything Louise has done and hope she enjoys the well deserved rest.

COST OF LIVING CRISIS

With the colder months fast approaching, are you worried about the cost of living? There is a dedicated Cost of Living Crisis section on Live Well B&NES website, including:

- Cost of living support (benefits, energy, food, debt, childcare, & mental health)
- Support services and organisations
- Paying for care and support, planning for future care costs



Minerva PCN have their own social prescriber who can help with financial worries, this service is available across all sites. Please contact the surgery for more information.

FIREWORK SAFETY

Bonfire Night is a very popular fixture in the calendar where people come together to enjoy fireworks.

Bonfire Night can be plenty of fun for all of the family to enjoy, but with lots of potential hazards, it's really important to keep you and your family safe. Help support your local community this year and go to an organised firework display instead of holding one at home. It is encouraged across the county to think twice before having your own display and lighting bonfires. Not only do these present risks it can cause unnecessary strain on emergency services. It is an offence for anyone under the age of 18 to possess fireworks in public places, and an offence for anyone, other than a firework professional, to possess professional display fireworks.



Please follow the firework code for safe fun:

- Keep fireworks in a closed box or tin.
- Follow the instructions on each firework.
- Light fireworks and sparklers at arm's length, using a taper.
- Stand well back.
- Never go near a firework which has been lit. Even if it hasn't gone off, as it could still explode.
- Don't give sparklers to children under 5 years of age, as they may not understand the dangers. Teach them to hold the sparkler at arms length.
- Keep a container of water nearby for emergencies, large enough and deep enough to put sparklers in after use.
- Never throw fireworks.
- Keep pets indoors.
- Before lighting your bonfire check that no wild creatures like hedgehogs are inside.
- Build your bonfire well clear of buildings, garden sheds, fences and hedges.
- Never use flammable liquids to start a bonfire and never burn dangerous items such as aerosol cans, paint tins, foam furniture or batteries. This could produce toxic fumes and some containers may explode, causing injury.

Appointment Activity

JUNE - AUGUST FIGURES



DR APPTS OFFERED

5104

DR APPTS - DID NOT ATTEND

198

NURSE APPTS OFFERED

3881

NURSE APPTS- DID NOT ATTEND

427

PLEASE CALL TO CANCEL YOUR APPOINTMENT IF YOU ARE UNABLE TO ATTEND. THIS ALLOWS US TO OFFER IT TO SOMEONE ELSE.

September is suicide prevention awareness month

Talking about suicide and sharing your suicidal feelings can be very difficult. You might feel that it is easier to keep it to yourself rather than taking the risk of telling someone. However, if you choose the right person, someone you trust, then talking with them about how you are feeling can help.

Having positive conversations about mental health is a key step in suicide prevention. These conversations can help raise awareness, build understanding, and remind people that they're not alone. If you're struggling or worried about someone, help and support is available right now if you need it.



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