



Minerva PCN

Autumn Edition 2025

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. Some people are more vulnerable to the effects of cold weather. This includes:

- people aged 65 and older babies and children under the age of 5
- people on a low income (so cannot afford heating)
- people who have a long-term health condition
- people with a disability
- pregnant women
- people who have a mental health condition

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.

Clinics running across both sites, starting in October. Please call reception to book your appointment.

More Info-<https://www.nhs.uk/live-well/seasonal-health/>

STAFF UPDATES

We are excited to welcome Dr Harvey who recently joined us as part of her GP training.

CANCER ALLIANCE-KNOW THE SIGNS

Don't carry the worry of cancer with you. If something in your body doesn't feel right, speak to your GP Practice. Know the signs and keep a diary of your symptoms. This will help when you speak to a medical professional.

-A new lump/bump that wasn't there before.

Sudden, unexplained weight loss

-Blood in your poo or your urine

-Feeling tired all the time

-Breathlessness

-Bloating/swelling

-Changes to your skin.

9 times out of ten, your symptoms will not mean you have cancer, but it is better to know as early as possible so you can rule out cancer or get the treatment you need, quickly.

For more information, please visit:

www.cancermatterswessex.nhs.uk/know-the-signs

Know the Signs



BE TICK AWARE

With the cooler, autumn weather, the risk of ticks bites peak, late summer early autumn is the worst time of year for tick infestations. Lyme disease is a bacterial infection that can be spread to humans by infected ticks. It's usually easier to treat if it's diagnosed early.

Symptoms of Lyme disease-

- A circular or oval shape rash around a tick bite can be an early symptom of Lyme disease in some people, although not everyone will experience this.

Some people also get flu-like symptoms a few days or weeks after they were bitten by an infected tick, such as:

- a high temperature, or feeling hot and shivery
- headache
- muscle and joint pain
- tiredness and loss of energy



Ask for an urgent GP appointment or get help from NHS 111 if:

- you've been bitten by a tick or visited an area in the past 3 months where infected ticks could be, and you either:
- feel unwell with flu-like symptoms – such as feeling hot and shivery, headaches or aching muscles
- have a round or oval shape rash
- Tell them if you have recently been in forests or grassy ar

For more information scan the QR code or visit - <https://www.nhs.uk/conditions/lyme-disease/>



DOROTHY HOUSE MIDNIGHT WALK

Some of the Staff from St Michael's & The Beehive recently completed the Midnight Walk in aid of Dorothy House. This year, the money raised will fund the Hospice at Home service. This is essential to patients, as they get the specialist care and support needed to enable them to spend their final time in the peace of their own home, surrounded by family.

They raised an impressive £1375!
Well done team!



PATIENT PARTICIPATION GROUP

Next meeting: 18.11.25 @ 1:00pm

Have your say. New members always welcome.
If you are interested in attending please contact the practice manager via

bswicb.stmichaelssurgery@nhs.net



St Michael's surgery, Walwyn Close, BA2 1ER
The Beehive Surgery, Mount Rd, BA2 1NH



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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.



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