



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.

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 planned 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 Davey who recently joined us.

GREENER NHS

We recognise that climate change poses a major threat to our health as well as our planet. We are working to reduce our environmental impact and improve the health of our patients, staff, and community.

Many of the actions needed to tackle climate change directly improve patient care and health and wellbeing. This is because many of the drivers of climate change are also the drivers of ill health and health inequalities. The NHS is responsible for 4% of the UK's carbon footprint and has made a commitment to reduce its emissions and reach carbon net zero by 2045.

What is St Michael's partnership doing?

We are using the Green Impact for Health toolkit to make improvements across the surgery. This includes:

- Supporting patients to switch to more environmentally friendly inhalers
- Improving our energy efficiency
- Reducing the amount of waste we produce

More Info-<https://www.england.nhs.uk/greenernhs/>



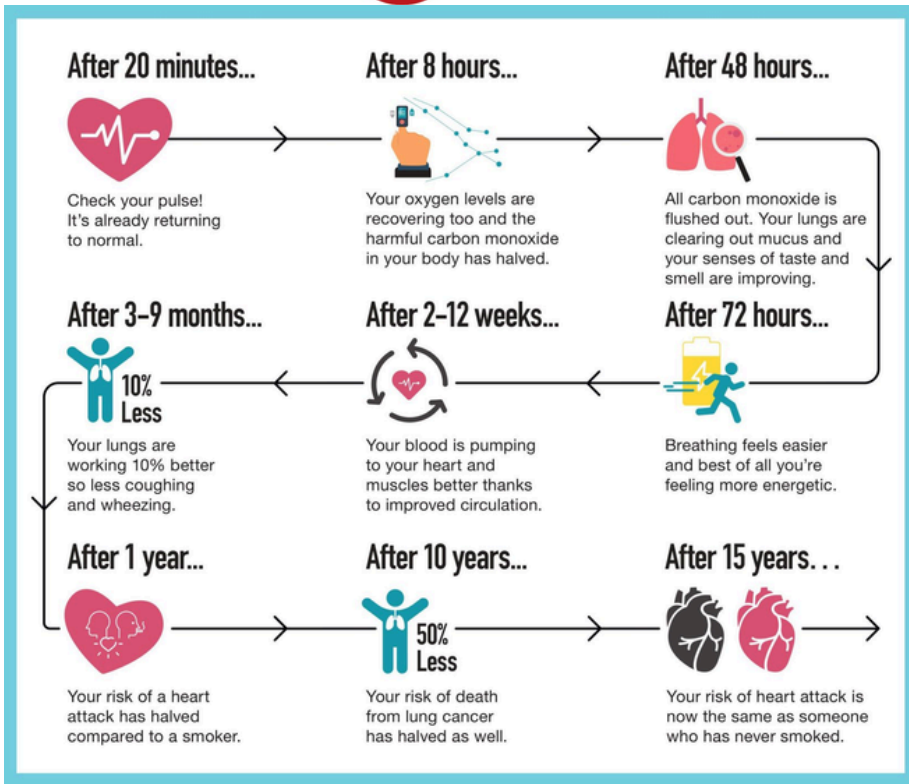
STOP SMOKING SERVICE

St Michael's partnership are now offering a Stop Smoking service, lead by our practice nurses.

At your first appointment, you'll talk about why you smoke and why you want to quit, as well as any attempts you've made to quit in the past. You'll also discuss NHS-endorsed stop smoking treatments available to help you. These are nicotine replacement products, including patches, gum, lozenges, inhalators and mouth and nasal sprays, and the stop smoking tablets.

When you quit smoking, good things start to happen – you can begin to see almost immediate improvements to your health. It's never too late to quit and it's easier to stop smoking with the right support. Check out our free tools and tips to help you stay on track. Speak to someone today and book an appointment.

Never give up giving up!



Appointment Activity

June - August Figures



DR APPTS OFFERED

4839

DR APPTS - DID NOT ATTEND

143

NURSE APPTS OFFERED

3970

NURSE APPTS - DID NOT ATTEND

426

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

Find us on Facebook

Search- St Michael's & The Beehive

KNOW YOUR NUMBERS WEEK SEPTEMBER 2024

Throughout September we will be running a Blood Pressure campaign alongside Know Your Numbers Week, the UK's biggest blood pressure testing and awareness event. The aim is to reach those who have high blood pressure and don't know it, so they can get the treatment and support they need to bring it under control.

High blood pressure can lead to stroke and heart disease. An ideal blood pressure is under 120/80mmHg.

You have the power to successfully manage your blood pressure – but only if you know your numbers. Get yours measured before damage is done.

YOU HAVE THE POWER

KNOW YOUR NUMBERS! WEEK 2024 2-8 SEPTEMBER

bloodpressureuk.org #KnowYourNumbers



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