

COVID—19 Vaccination Programme

We have now offered the Pfizer brand of the COVID-19 vaccination to our patients who are 80 years of age and over. All those who are not housebound have now received both doses and we are working through our housebound patients as the vaccine becomes available.

All of our care home patients have received their first dose of the vaccine.

We are working our way through the groups that the Government have decided on and you will be contacted once we have availability for you. As a practice we are working as hard and quickly as we can to get these vaccines out to you, once the supply of vaccines is more established we are sure we will be able to get them out even quicker.

Stay Well This Winter

We are now well into Winter and the cold weather can make many health conditions worse. It's important to do whatever you can to help yourself stay healthy throughout winter.

- Get a flu jab—if you are aged 65+ or have a long term health condition you can get yours free from the surgery or a pharmacy. Alternatively, you can pay for the vaccine at some pharmacies.
- Keep your home heated to at least 18 degrees. Grants are available to some such as the Winter Fuel Payment and the Cold Weather Payment, don't struggle alone.
- If you are aged 65+ you are eligible for the free pneumococcal vaccination. This is a one off vaccination that helps prevent serious and potentially fatal cases of pneumonia.
- Make sure you have plenty of food in the house and don't let your medication supply run too low, that way if the weather is particularly bad you won't need to leave your home.
- Keep in touch with friends and family, and remember that your GP practice is still open for your healthcare concerns.
- Keep moving, eat well and wash your hands regularly.

**STAYWELL
THISWINTER**

Health Factoid —

Riding a rollercoaster can help you pass a kidney stone!



Apparently you want one with twists & turns but no inverted movements. And a seat at the rear of the rollercoaster will help even more!

Repeat Prescription Requests—Since 2016 we have not taken requests for medications over the telephone. You can currently order items through e-reception via our website, email, via your pharmacy or SystemOnline. If you require an online password for our website, please contact reception.

Training Afternoons

One Thursday a month, the practice closes in the afternoon for in house training. If you require medical attention, please call 111. Please see our notice board or website for future dates.

If you require medical advice out of hours you can call 111 or if you need an ambulance you can still call 999.

Local Rate Telephone Number : 0113 3911950

We currently do not have a **Patient Reference Group** due to the COVID-19 pandemic. Please check back on our website regularly for further updates as to when we can start this up again. We would love to have representatives from all our patient age ranges.

Any Suggestions?? We are always looking for ways we can improve as a practice. If you think there is something we can get better at or improve on , we are happy to hear from you.

Please email the practice if you have any suggestions—aireborough.practice@nhs.net

Long Term Health Condition — Diabetes

Diabetes is a serious long term health condition where your blood glucose level is too high. There are 2 types of diabetes, type 1 and type 2.

The symptoms are the same for both types of diabetes and include the following:

- Excessive thirst
- Going to the toilet a lot, especially at night
- Unintentionally losing weight
- Blurred vision



If you think you may have diabetes it's important to book a telephone appointment with the GP to discuss. Alternatively, if you feel your diabetes is not under control, please book a telephone call with our nurse Sophie to see how we can help.

There are many things you can do to help control your diabetes or even send it into remission. Weight loss and better eating habits can do wonders for diabetes (and your overall health), there are many helpful tips on www.diabetes.org.uk.

You can help yourself prevent diabetes by attending the over 40's healthcheck when offered. Read below for more info!

HEALTH CHECKS FOR OVER 40's

If you are 40+ we are offering a free health check with the HCA - Healthcare Assistant—which incorporates checking for heart disease and diabetes. Afterwards we will send you a health check report which shows all of the results so you can see how 'well' you are and what you need to do to remain healthy. Why not make an appointment and take opportunity of this free check? You may have had a health check previously, if so you maybe due for recheck. If so we will be in touch, or you can contact Reception to discuss.

Health Factoid —

When you sneeze your body is getting rid of infected cells and an average sneeze will spread over 100,000 virus cells up to nine metres!

Let's keep wearing those masks!



Bowel Cancer Screening Programme

If you are aged between 60 and 74 you will receive a bowel cancer testing kit in the post every 2 years.

Regular screening helps reduce the risk of dying from bowel cancer.

If you are aged over 74 you can request a kit every 2 years — 0800 707 60 60.