

Warwick Gates Family Health Centre

PRACTICE NEWSLETTER



Issue No: 3

Date: August 2024

www.warwickgatesfhc.co.uk

Flu Season 2024/25

Influenza vaccination remains a critically important public health intervention to reduce serious illness and death in those most at risk including **older people, pregnant women** and those in **clinical risk groups**. It helps the health and social care system manage winter pressures by helping to reduce demand for GP consultations and likelihood of hospitalisation.

Based on the evidence that flu vaccine's effectiveness can wane over time in adults JCVI have advised moving the start of the programme for most adults to the **beginning of October 2024**.

Protection from the vaccine lasts much longer in children therefore the priority is to start vaccinating all **children from 1 September 2024 or as soon as vaccine becomes available** which is currently beginning to mid-September 2024. This provides early protection to children and reduces transmission to the wider population. Please wait to hear from us and we will ensure to invite those eligible when we are in receipt of the vaccine.

Pregnant women will also be eligible for flu vaccine from 1st September 2024; there are three clinical reasons to vaccinate pregnant women against flu:

- to protect the pregnant women themselves (they are at higher risk from complications from flu)
- to protect the baby during pregnancy (for example flu infection increases the risks of the baby being premature or stillborn)
- to protect the baby in the first few months of life (babies aged under 6 months are at high risk of complications from flu)

Pregnant women of 28 weeks+ are also eligible for RSV vaccine as explained separately in this newsletter.

Eligibility for flu vaccination is based on the advice and recommendations of the Joint Committee on Vaccination and Immunisation (JCVI).

From September 2024:

- pregnant women
- all children aged 2 or 3 years on 31 August 2024
- primary school aged children (from Reception to Y6)
- secondary school aged children (from Year 7 to Year 11)
- all children in clinical risk groups aged from 6m to less than 18yrs.

From October 2024:

- those aged 65 years and over
- those aged 18 years to under 65 years in clinical risk groups (as defined by the Green Book, Influenza Chapter 19)
- those in long-stay residential care homes
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- close contacts of immunocompromised individuals
- All frontline healthcare workers and frontline workers in a social care setting

Invitations to book your flu vaccination appointment will be sent out from early September so please look out for the **text message and accompanying link** which will allow **direct booking to an appointment of your choice**. Any patients without a mobile telephone will be contacted separately or feel free to contact the Surgery to book your Flu appointment; don't delay to ensure a safer winter for you and your families.



Missed Appointment Data



Please remember to let us know if you no longer require your appointment

	GP	ANP	Nurse
June	18	4	58
July	16	9	46
August	7	8	42



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[@LeamingtonSpaPrimaryCareNetwork](https://www.facebook.com/LeamingtonSpaPrimaryCareNetwork)

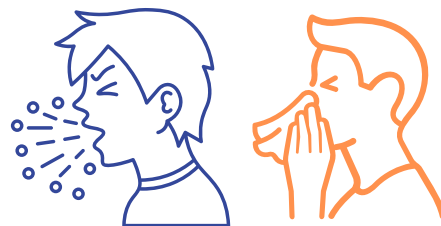


RSV Vaccinations

From 1st September 2024, those who turn 75 years and those aged between 75 and 79 years will be eligible for a free vaccine to protect them from Respiratory Syncytial Virus (RSV).

RSV is an infectious disease of the airways and lungs. RSV infection often causes symptoms similar to a cold, including:

- cough
- sore throat
- sneezing
- a runny or blocked nose



It can also make you become wheezy or short of breath and lead to pneumonia and other life-threatening conditions. There is no specific treatment and most infections will get better by themselves. Every year thousands of older adults need hospital care for RSV with poor outcomes for many. RSV can be more severe in people with existing medical conditions such as heart or lung disease or a weakened immune system.

RSV infection is common in young children but is most serious for small babies and for older people.

How RSV is spread

RSV infections can occur all year round however cases peak each winter.

RSV can spread through coughs and sneezes. You can help to prevent the spread of the virus by covering your mouth and nose when you cough or sneeze (ideally with a tissue, or else into the bend of your elbow), and we recommend washing your hands frequently to reduce the risk of spreading the virus. Even with these measures it can be difficult to avoid RSV infection..

The best way to protect yourself is to have the vaccine which we will be administering during September 2024

RSV vaccine in pregnant woman

[A guide to RSV vaccination for pregnant women - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/rsv-vaccination-for-pregnant-women)

From 1 September 2024, pregnant women can have a free vaccine in each pregnancy, to protect their babies against respiratory syncytial virus (RSV).

RSV is a common virus which can cause a lung infection called bronchiolitis. In small babies this condition can make it hard to breathe and to feed. Most cases can be managed at home but around 20,000 infants are admitted to hospital with bronchiolitis each year in England. Infants with severe bronchiolitis may need intensive care and the infection can be fatal. RSV is more likely to be serious in very young babies, those born prematurely, and those with conditions that affect their heart, breathing or immune system.

How the RSV protects your baby

The vaccine boosts your immune system to produce more antibodies against the virus. These antibodies then pass through the placenta to help protect your baby from the day they are born. RSV vaccination reduces the risk of severe bronchiolitis by 70% in the first 6 months of life. After this age your baby is at much lower risk of severe RSV.

Older children and adults can also get RSV infection, but the disease is more serious for small babies and people aged 75 and over.

The vaccine has been shown to reduce the chance of your baby suffering from severe RSV disease. Like all medicines, no vaccine is completely effective and some babies may still get RSV infection despite their mothers having the vaccine. However, for most babies born to vaccinated mums, any RSV infection should be less severe.

When you will be offered the RSV vaccine

You should be offered it around the time of your 28 week antenatal appointment. If you haven't heard by this stage, contact your maternity service or GP practice to make an appointment. Having the vaccine in week 28 or within a few weeks of this will help you build a good level of antibodies to pass on to your baby before birth. This will give your baby the best protection, including if they are born early. You can still have the vaccine later in your pregnancy but it may be less effective. If it wasn't possible to have your vaccine earlier, it can be given right up until you have the baby. If you have it very late in pregnancy, it may still protect you from infection and reduce the risk of you spreading infection to your newborn baby.



Oakley Grange Care Home

We are pleased to announce the opening of 'Oakley Grange Care Home' which opened on **Monday 19 August 2024**; person-centred residential care and dementia care along with short-stay respite care, Warwick Gates FHC first Care Home – we look forward to working together for patients/residents.

New GP appointments 2024

Dr Sehar Saqib (works Mondays, Tuesdays & Wednesdays):

Dr Saqib is thrilled to join the Team at WGFHC with special interests in Women's Health, Mental Health and Paediatrics; children and young adults.

Since obtaining her medical degree, she carried out foundation years in Manchester following which Sehar completed her GP training in a very stunning part of North Yorkshire. During this time, Sehar also enjoyed working extra duties in emergency medicine. Sehar states: *'Having a diverse range of interests works well for the role of the General Practitioner, and I take on my new role with excitement and keen to support the needs of the local community of Warwick Gates and surrounding areas'*



WGFHC Secretary Team



We have a team of experienced Secretaries; Julie, Kim and Mickey; led by Julie who is Team Lead and oversees day to day workload and operational matters.

Secretarial work includes:

- Support to our clinical team with letters to patients and external Organisations/Hospitals
- Initiation and follow up of all referrals; including urgent and routine
- Referrals for radiology and other diagnostic requests
- Facilitation and process of private medical reports and subject access requests; 600+ Medical Reports completed during 2023
- Hospital booking queries
- Cleansing and oversight of Electronic Referral System

We are here to assist you should you have queries regarding any of the above; our telephone lines are available weekdays 9-12.30pm & 2-4pm or feel free to contact the Team via email at:

cwicb.warwickgates.secretaries@nhs.net

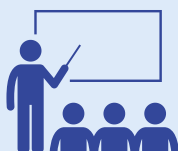
Dr Rosie Tucker (works Mondays, Tuesdays, Wednesdays & Fridays) *I joined the team in February 2024 having qualified from Brighton and Sussex Medical School in 2014. I have spent the majority of my career so far doing hospital-based medicine including Intensive Care, A&E, Anaesthetics and general medicine before I decided to retrain in General Practice. My main interests are joint injections, Minor Surgery, Cardiology, Diabetes, Dermatology and medical education. I love the variety that General Practice offers and getting to know my patients well.*

Dr Hazel Polge (works Mondays, Thursdays & Fridays): *I qualified from Manchester Medical School in 2012 having worked in A&E and other specialities around Manchester and the East of England. As a General Practitioner, I have worked at a number of GP Practices to date including Knutsford, Kettering and now I am excited to have joined the Team at Warwick Gates. I enjoy the variety and continuity of care that general practice brings. Outside of work, my hobbies are CrossFit, walking my dog and travelling.*

PLT Dates

Please note that the practice will be closed from 12:30pm for staff training on:

- 19th September 2024
- 16th October 2024
- 14th November 2024
- 29th January 2025



Share your Feedback!



Medical Records via the NHS APP



With effect from 1st November 2022, you will have automatic access to your medical records; with the exception of external documentation/letters, to register and access the NHS app:

<https://www.nhs.uk/nhs-app/>