

The Wand Medical Centre Newsletter

Issue month: October

Get your flu vaccination here

**STAYWELL
THISWINTER**



Are you eligible for a free NHS flu vaccination?

Flu can be more dangerous if you are over 65, have an existing health problem, are pregnant, a carer, or children under 4.

Don't put it off. Get your flu vaccination straight away. Ask at your GP Practice.

**STAYWELL
THISWINTER**



Our flu clinic will start from Wednesday 3rd October 2024

There is no gelatine in this flu vaccine.

Please ask reception to book you in for an appointment.

Walk in clinics

9am-12pm Monday to Friday

3pm-6pm Tuesday and Wednesday



The flu vaccine helps protect against flu, which can be a serious or life-threatening illness. Its offered on the NHS every year in autumn or early winter to people at higher risk of getting seriously ill from flu.

The flu vaccine aims to protect you against the most common types of flu viruses.

There is still a chance you might get the flu after getting vaccinated, but its likely to be milder and not last as long .

The vaccine usually takes up to 14 days to work.

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**World
MENTAL HEALTH
DAY
October 10**

World Mental Health Day is an international day for global mental health education, awareness and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries .



Stoptober is **the Department of Health and Social Care's annual stop smoking campaign**, based on evidence that if a smoker makes it to 28 days smoke-free, they are five times more likely to quit for good. Since it first launched in 2012, Stoptober has helped over 2.5 million people make a quit smoking attempt.

October 18th is
WORLD MENOPAUSE
AWARENESS DAY



World Menopause Day is **held each year on 18 October** to raise awareness, break the stigma and share support available for improving health and wellbeing for those experiencing menopause.

Charities offering information and support include:

[Women's Health Concern](#)

[Menopause Matters](#)

[Daisy Network](#) for premature menopause

[Menopause Café](#)

MENOPAUSE EVERY WOMAN GOES THROUGH THE MENOPAUSE IT USUALLY OCCURS BETWEEN THE AGES OF 45 & 55

DO YOU HAVE ANY OF THESE SYMPTOMS?

- HOT FLUSHES
- HEADACHES
- MOOD SWINGS
- PALPITATIONS
- TIREDFNESS
- PAINS IN JOINTS

YOU MAY ALSO EXPERIENCE:
Sweats, Have difficulty sleeping, Depression, Anxiety, Loss of sex drive (libido), Feelings of not coping as well as you used to and Changes to your periods.

If you suffer any of these you might be menopausal. Be aware of the symptoms and discuss them with your doctor.

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BLACK HISTORY MONTH

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2024

Black history month was first celebrated in the UK in 1987.

In the UK, black history month happens every October

It gives everyone an opportunity to share , celebrate and understand the impact of black heritage and culture.

African and Caribbean background have been fundamental part of British history for centuries.