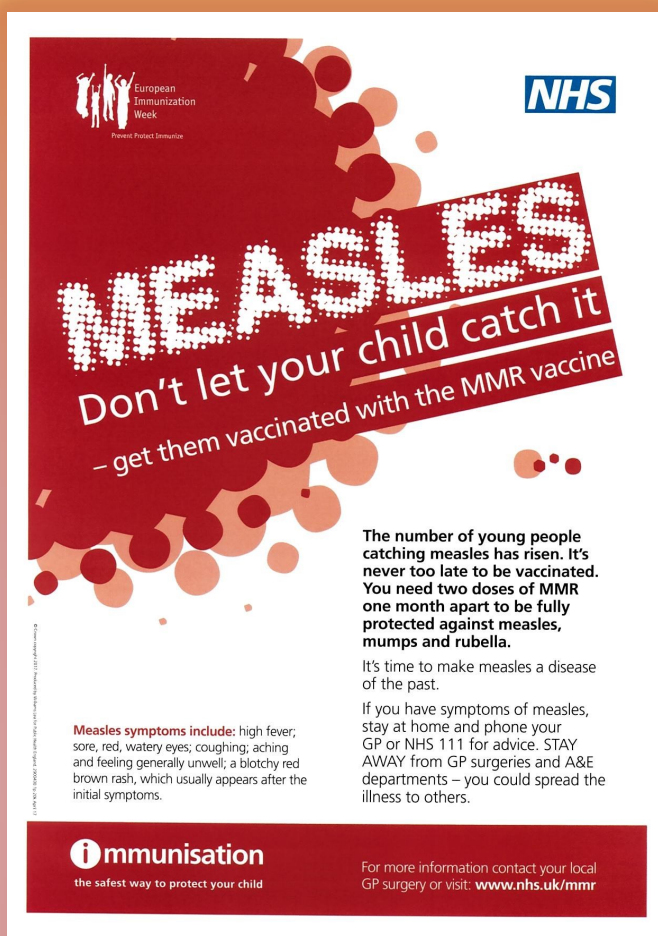


The Wand Medical Centre Newsletter

January 2024



European Immunization Week
Prevent. Protect. Empower.

NHS

MEASLES

Don't let your child catch it
— get them vaccinated with the MMR vaccine

The number of young people catching measles has risen. It's never too late to be vaccinated. You need two doses of MMR one month apart to be fully protected against measles, mumps and rubella.

It's time to make measles a disease of the past.

If you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. STAY AWAY from GP surgeries and A&E departments — you could spread the illness to others.

Measles symptoms include: high fever, sore, red, watery eyes; coughing, aching and feeling generally unwell; a blotchy red brown rash, which usually appears after the initial symptoms.

i mmunisation
the safest way to protect your child

For more information contact your local GP surgery or visit: www.nhs.uk/mmr

Measles is an infection that spreads very easily and can cause serious problems in some people. Having the MMR vaccine is the best way to prevent it.

Measles usually starts with cold-like symptoms, followed by a rash a few days later. Some people may also get small spots in their mouth.

Cold-like symptoms

The first symptoms of measles include:

- a high temperature
- a runny or blocked nose
- sneezing
- a cough
- Red, sore, watery eyes

Small white spots may appear inside the cheeks and on the back of the lips a few days later. These spots usually last a few days.

MEASLES ALERT

A rash usually appears a few days after the cold-like symptoms. The rash starts on the face and behind the ears before spreading to the rest of the body.



The spots of the measles rash are sometimes raised and join together to form blotchy patches. They're not usually itchy.

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Patient Participation Group (PPG)

Would you like to be more involved in your GP surgery?

Ask about joining the Patient Participation Group

Speak to your practice receptionist for more information.



We are looking for people to make up a patient participation group (PPG). Anyone can apply to be a member of the PPG, but the group must be representative of our practice population, therefore we still have to select a cross-section of people to ensure the group is diverse and meets the criteria. For those people who have not been selected to join the group there will still be the opportunity to voice their comments/suggestions through PPG or, as at present, in writing, directly to the practice.

If you are interested in applying to join the group please ask the reception for a PPG form or email us on Info.wand_sbpct@nhs.net

Prescription Ordering Department

The quick and convenient way to order your repeat prescriptions

The POD is open 8.30am till 5.30pm, Monday to Friday

Call POD on 0121 726 1019

Our prescription ordering department (POD) is the simple way for you to order your repeat prescriptions.

The POD team are there to help you with all your prescription and medication queries.

With POD you order your medication only when you require it, and in a way that is suitable for you.

Before you order your medication, please check how much medication you have left and only order when you have only got 7-10 days worth of medication left.

Please allow 24/48 hours to issue your medication.

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DRY JANUARY®

Take on 31 days alcohol-free with Alcohol Change UK for a total body and mind reset. From better sleep and a mental health boost, to saving money and time there's a whole lot to gain this Dry January.

Alcohol is a part of many of our lives. We use it for celebration, for comfort, to socialise, to wind down, to cope. We treat it differently to other drugs; it's legal, socially acceptable, even encouraged.

Yet in the UK one person every hour dies as a result of alcohol. Alcohol harm – mental health problems, liver disease, one of seven forms of cancer, economic difficulties, and so much more – can affect any one of us, from any walk of life.

The harm doesn't end with the individual; each of us who drinks too much is part of a family and a community who feel the effects too, whether through frequent use of emergency services, drink driving, violence or neglect.

Month alcohol free has a lot of benefits. We found that a month off:

- ◇ Lowers blood pressure
- ◇ Reduces diabetes risk
- ◇ Lowers cholesterol
- ◇ Reduces levels of cancer-related proteins in the blood



Warning

People who are clinically alcohol dependent can die if they suddenly, completely stop drinking.

If you experience fits, shaking hands, sweating, seeing things that are not real, depression, anxiety, or difficulty sleeping after a period of drinking and while sobering up, then you may be clinically alcohol dependent and should NOT suddenly, completely stop drinking.

But you can still take control of your drinking. Talk to a GP or your local community alcohol service who will be able to get help for you to reduce your drinking safely.