



Cockhedge Medical Centre

Autumn 2024

GP Patient Survey Results

Thank you to all our patients who completed the questionnaire and gave us such fabulous feedback. It is very much appreciated.



Vaccinations

There are a lot of updates to adult vaccinations that are happening this autumn which may affect you. The Practice are busy preparing extra clinics ready for the Autumns vaccination campaigns. Please ensure we have up to date mobile phone numbers.



RSV Vaccine

This is a new addition to the national vaccination programme from September 2024. Respiratory Syncytial Virus (RSV) is an infectious disease of the airways and lungs. RSV infection often causes symptoms like a cold, including cough, sore throat, sneezing and 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, and some of them will die.

Almost all older adults will have had several RSV infections during their life. A single dose of vaccine will help to boost protection as you reach an age group at highest risk of serious RSV infection.

Everyone turning 75 years old on or after the 1 September 2024 will be offered a single dose of RSV vaccine once they have had their 75th birthday. This is because older adults are more at risk of serious complications from RSV. You can still get the vaccine up to the day before you turn 80. For the first year of the programme, the vaccine will also be offered to those who are already aged 75 to 79 years on 1st September 2024 as part of a catch-up programme.

<https://www.gov.uk/.../your-guide-to-the-rsv-vaccine-for...>

The practice will be inviting patients for this vaccine from September 2024 onwards starting with the older patients. The vaccine cannot be given at the same time as the flu or covid vaccine though. Appointments are now available to book for this vaccine.

Flu Vaccines

The Practice will be offering the annual influenza vaccine to eligible patients this Autumn. In line with NHS England advice the start of the programme for most adults has been moved to the beginning of October.

From 1st September vaccines will be offered to:

- all children aged 2 or 3 years on 31st August 2024 will be contacted to arrange an appointment.
- Children from reception class to Year 11 will be offered the vaccine (via the school immunisation teams).
- Pregnant women can book in for a vaccine.

From 3rd October 2024 vaccines will be offered to:

- aged 65 years and over.
- those aged 18 years to under 65 years in clinical risk groups.
- 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.

COVID Vaccination

The Practice is waiting for an official announcement regarding the covid vaccine autumn campaign. However, the JCVI announced in early August 2024 that the vaccine should be offered to:

- adults aged 65 years and over.
- residents in a care home for older adults
- persons aged 6 months to 64 years in a clinical risk group.

The vaccine should usually be offered no earlier than around 6 months after the last.

The vaccine should usually be offered no earlier than around 6 months after the last vaccine dose (with a minimum of 3 months between doses).

Once more details are received at the practice, we will post information on the practice social media pages and contact all eligible patients informing you of the local vaccination sites.

Online access via the NHS app

With the NHS app it's easy to manage your health without lifting a finger. Download the NHS app if you haven't already.

The NHS app is safe and secure. If you're aged 16 and over, you can register for the NHS app without visiting the practice. It can be used to:

- Book and cancel appointments
- Order repeat medication
- View your health record (including consultations, diagnostics, documents, referrals, and test results)
- View your vaccination status

Downloading the NHS app on your mobile device:

- Open the App store or Play store
- Search for the 'NHS app' and select install
- After installing select the app to open it

Need help with the NHS App?



Contact the NHS App support team using the QR code below or by visiting: digital.nhs.uk/nhsapphelp



The team will be able to help you with all technical queries.

It's normal to experience some technical difficulties with the NHS App if your GP surgery is changing clinical systems or merging with another practice.

If you encounter any technical issues after these changes are complete, please contact the NHS App Team.

You can also find more help and information, here: www.nhs.uk/nhs-app



Do more with the NHS App!



- 🔑 Order repeat prescriptions
 - 📞 Use NHS 111 online
 - 📍 Find NHS services
 - 👁️ View your GP health record
 - 📅 Book appointments
 - 📧 Get reminders and messages
- And much more...

Need help?
Get support in the app or visit nhs.uk/helpmeapp



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You can register your details; however you must have an email address to do this. If you are struggling, please ask a member of the reception team who will be happy to help you but remember to bring a copy of your photo ID for the verification process.

Warrington Living Well Hub

What is the Living Well Hub?

The Hub is there to help you look after yourself and your family, to enable you to live happily, healthily, and independently for longer.

It is a safe, welcoming space where you can go to talk and get advice about any challenges that may be impacting negatively on your general health and wellbeing.

It's not a traditional walk-in centre for treating injuries and illnesses. Instead, the services being provided are there to help you with identifying health (physical or mental) or wellbeing issues earlier and link you up to some appropriate support straight away.

The Living Well Hub is part of the borough-wide [Living Well programme](#), which aims to connect people, communities and services and enable residents to take greater control of their own health, wellbeing and resilience.

Based at Horsemarket Street in the town centre, the Hub is home to 25 organisations and more than 350 staff, providing a wide range of NHS and non-clinical services under one roof.

The ground floor of the Hub is an inviting community-led space with a café area where people can drop in to discuss any issues that may be affecting their health and wellbeing.

NHS and non-clinical services will be delivered on the first floor, with several consultation and clinical rooms available.

Important dates for you diary

**Please remember the practice will be closed from 1pm on Thursday
26th September, 17th October and 21st November.**