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**Welcome to the Lambert Medical Centre Autumn Newsletter.**

Message to all patients vising Lambert Medical Centre: patients must still wear a mask, socially distance, and use hand sanitiser when visiting the surgery and staff will continue to wear PPE.

We do understand that it can be frustrating, but we know that when people come to us they are sick and vulnerable (and some cannot receive the Covid vaccinations due to medical reasons) so we feel it would be wrong to not take these small precautions that can protect people.

If you refuse to wear a mask, please be advised that you may be asked to attend the surgery when it is empty, or you may be seen outside.

We are seeing an increase in positive Covid cases, especially in the younger age groups, however we also have patients in the older groups who have been double jabbed who are testing positive therefore the pandemic is not over, and we cannot be complacent.

The Lambert Medical Centre has come so far in trying to minimise the impact of Covid and we are sure you understand that we need to keep the surgery as safe for ALL patients and staff as we can.

**Covid Booster vaccinations and Flu**

You will be aware that some people are becoming eligible for a Covid Booster vaccination.  This will be available to all those in cohorts 1 – 9 of the JCVI guidance which was used for the first phase of the vaccination programme and will be Pfizer unless a patient suffered a previous allergic reaction to the Pfizer jab:

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|  | 1. Residents in a care home for older adults and staff working in care homes for older adults
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|     | 1. All those 80 years of age and over and frontline health and social care work
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|  | 1. All those 75 years of age and over
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|  | 1. All those 70 years of age and over and [clinically extremely vulnerable](https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19#cev) individuals
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|  | 1. All those 65 years of age and over
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|  | 1. Adults aged 16 to 65 years in an at-risk group
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|  | 1. All those 60 years of age and over
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|  | 1. All those 55 years of age and over
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|  | 1. All those 50 years of age and over
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This will take place no earlier than six months after the second dose was received. All patients over 50 and at least six months post vaccination are being identified and contacted to come forward.

There is no need to contact your GP and we request that you don’t, as these queries are blocking up the telephone lines, preventing unwell people getting through and Drs making calls out.

If you are eligible you may be contacted by the National Booking Service and invited to book your booster vaccination at a mass vaccination site or alternatively you can wait to hear from the surgery and have it locally in Northallerton.

We will contact you when we are vaccinating your cohort; you will be invited to attend the vaccination site in Northallerton where you can have both flu and Covid booster at the same time. The vaccination centre is based in the Old Grammar School for those of you familiar with Northallerton and those not, it is the building to the left of what was the big school on Grammar School Lane. The building is opposite Tesco's, just before the turn into Lidl/Iceland. It is well signposted when you get there. If when we contact you, you have already had your covid booster elsewhere and still need a flu vaccination please let us know and we can arrange this for you at Northallerton.

Some patients will be due a third dose as part of their initial vaccination programme particularly those who are immunocompromised. Hospitals and GP Practices are working together to identify those patients that are eligible for a 3rd dose. This will be at least 8 weeks following their 2nd dose and they will then be offered a booster 6 months after the 3rd dose. The Pfizer vaccine is being used for all 3rd doses unless there has been an allergic reaction to it previously. This group of patients is complicated to identify, and they will be contacted as soon as possible.

You will have seen that as well as all adults, 12-year-olds and older are now being offered the vaccination.

* Healthy 12–15-year-olds are being vaccinated through school immunisations team and this programme is subject to full consent protocol which is being managed by schools. Healthy 12- to 15-year-olds will be offered one dose of the vaccination.
* Twelve- to 15-year-olds with underlying health conditions have been offered vaccinations through their GP practice. This group of young people will be offered two doses of the vaccination.
* 16- and 17-year-olds can now book through the national vaccination booking service or by visiting a drop in or walk in centre. This group will be offered one dose of the vaccination

**Online appointment booking**

We are now offering a limited number of online pre-bookable appointments. These are available to book through both Patient Access and the NHS App. This means you can book a telephone appointment at a time to suit you and the GP will endeavour to call you as near to this time as possible.

Numbers of positive Covid cases are still high around the area and therefore appointments will remain as telephone first, only inviting you for a face-to-face consultation if the Clinician feels it necessary.

In a lot of cases, you do not need to visit the surgery, saving you time and minimising risk to you and other patients.

**First Contact Physiotherapist**

The Practice offers appointments with our Physio, James Sleigh.

James will carry out an assessment and provide advice for Musculoskeletal pain problems and is able to refer on where appropriate. He can discuss pain relief options and suggest relevant investigations.

The conditions he can help with are:

* Back Pain
* Neck Pain
* Elbow, wrist and hand pain
* Hip, knee or ankle pain
* Shoulder pain

Please ask the Reception team to book with James if you have any Musculoskeletal pain which you haven’t discussed with a GP in the preceding 2 weeks.

**Dispensary phone lines**

Please be aware that the Dispensary phone line is open from 11am to 3pm every weekday.

**We do not take requests for prescriptions over the telephone**. These requests should be made either by using the online services, or by placing your request slip in the box in Reception.

**Helping everyone look after their mental wellbeing**

The Covid-19 pandemic has had a negative impact on the mental health of many of us. Mental health affects our overall health and wellbeing, impacting our quality of life and our ability to work. The [**Every Mind Matters**](https://www.nhs.uk/every-mind-matters/) campaign can help you discover and share simple steps to achieving good mental health.

Free NHS-approved [**Mind Plan**](https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/)
By answering five simple questions on the [**Every Mind Matters**](https://www.nhs.uk/every-mind-matters/) website, adults will get a personalised action plan with practical tips to help them deal with stress and anxiety, boost their mood, sleep better and feel more in control. Over 3.3 million Mind Plans have been created so far!

The website also offers many other practical resources, including Covid-19 resources, to help people care for their mental wellbeing, plus expert advice, and tips.

Every Mind Matters can complement existing mental health services or be used as a stand-alone resource. Every Mind Matters

**Child minor illness/accidents**

It can be difficult to know whether your baby is just under the weather or seriously unwell. This brilliant app helps parents to know when they need to seek help: <https://www.lullabytrust.org.uk/safer-sleep-advice/baby-check-app/>

If your children are no longer babies, you might find it difficult to know when you need to be seriously concerned about their health. Devon CCG have developed the HANDi Paediatric App to help parents develop confidence in managing minor conditions. <https://devonccg.nhs.uk/health-services/children-and-young-people/handi-app>

**Stoptober (1st – 31st October)**



 Quitting smoking could be the best thing you ever do for your health. After one year, a quitter has halved their risk of a heart attack compared to a smoker. <https://www.nhs.uk/better-health/quit-smoking/>

Many people who smoke think it’s too hard to give up. If you manage to quit for 28 days, you’re five times more likely to quit for good. 28 days is manageable, and with the cost of cigarettes at a high of around £10 per pack of 20, you could find yourself almost £300 better off by the end of the month. Just think what that £300 would buy you. <https://www.blf.org.uk/take-action/campaign-with-us/stoptober>

We have trained staff who are able to advise, help and support you if you have made the decision to stop smoking. Please contact the surgery and r3equest an appointment with a Stop Smoking Advisor from the Nursing team.

**The Lambert Medical Centre**

We are active on social media. Follow us on Twitter and Facebook where we post details about local and national health campaigns.

 @lambertmedical1  @lambertmedicalcentre

**Don’t forget we have a Patient Participation Group:**

PPGs are groups of active volunteer patients that work in partnership with practice staff and GPs – this unique partnership between patients and their practices is essential to achieving high quality and responsive care. The group can help the practice by enabling us to be more proactive in providing the services that truly reflect what patients want and need.

We tend to communicate via email and meet up face to face just a couple of times a year so the commitment isn’t too onerous. We aim to have an inclusive and representative membership so..

**Please see our website for details on how to join**

[**www.lambertmedicalcentre.co.uk**](http://www.lambertmedicalcentre.co.uk)