

# The Orchard Grapevine

Patient Newsletter

## MMR is circulating - Are you vaccinated ?

### Points of interest:

- Measles and MMR vaccination
- NHS App Features
- Pharmacy First
- Be Kind
- How have we done?

# measles

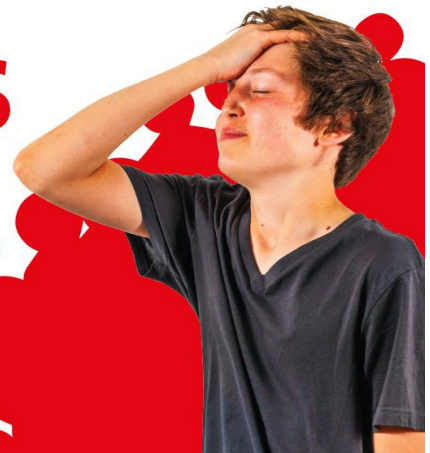
**It's not just a kids problem and it can be serious.**

It's never too late to have your MMR vaccine. Protect yourself and those around you from measles, mumps and rubella.

Call your GP surgery to book your two doses of MMR vaccine.

### Immunisation

Helping to protect everyone, at every age



## Measles is circulating


### Friends & Family Test Results:

Extremely Likely	386
Likely	140
Neither likely nor unlikely	26
Unlikely	11
Extremely unlikely	8
Don't know	8
Total responses	579


- measles is extremely infectious and can be serious
- Make sure your children get two MMR vaccines on time; the first at 1 year of age and the second at 3 years, 4 months
- If you or your children missed these vaccines, it's not too late. Ask for the free vaccine from your family doctor (GP) if you or your children aren't up-to-date
- 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
- symptoms include: high fever; sore red, watery eyes; coughing; aching and feeling generally unwell; a blotchy red brown rash, which usually appears after the first symptoms
- go to [nhs.uk](https://www.nhs.uk) for more measles information

### Symptoms


**Rash**



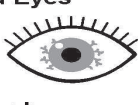
**Temperature**




**Runny Nose**



**Red Eyes**



**Cough**



# NHS APP—Have you downloaded it yet?

## Do more with the NHS App!

- 🔗 Order repeat prescriptions
- 📅 Book appointments
- 👁️ View your records
- And much more...



## Try the NHS App

If you're a patient at our practice, you can use the NHS App to access a range of NHS services on your smartphone or tablet.

It doesn't replace existing services.

You can still contact us in the usual ways. But, once you have verified your identity in the app, you will have easy, 24/7 access to a growing range of health services and information.

### Advice and information:

- search symptoms, conditions, and treatments
- get health advice through 111 online
- find NHS services near you
- check your NHS number

### Appointments:

- book and cancel appointments
- check your referrals and hospital appointments
- manage vaccinations

### Prescriptions:

- nominate a pharmacy and order repeat prescriptions

### Manage your health:

- access your GP health record securely
- register your organ donation decision
- take part in health research

### Send and receive messages:

- send an online form about your symptoms, conditions, or treatment directly to the surgery
- receive messages and notifications
- view messages from your GP surgery and get notifications through your phone or tablet

If you have any problems using the NHS App, you can select 'help' in the top right-hand corner of the app or visit [Getting started with the NHS App - NHS App help and support - NHS \(www.nhs.uk\)](https://www.nhs.uk/getting-started-with-the-nhs-app)

Please use the NHS App helpline as they will have lots of time to help you, thank you.

# Think Pharmacy First



## What Can Pharmacists do?

Community pharmacies are staffed by highly-skilled and qualified health professionals who are trusted parts of local communities:

All pharmacists train for five years in the use of medicines before they qualify and are also trained in clinically assessing and treating minor illnesses and giving health and wellbeing advice to help people stay well.

Pharmacy technicians are part of the pharmacy team and are also registered health professionals.

The new expanded community pharmacy services which also include initiating oral contraception without needing to see a GP first, and providing more blood pressure check services, are part of the NHS's primary care access recovery plan. It aims to free up to 10 million GP appointments a year once fully implemented, making it quicker and easier for the public to access healthcare in their local community, and giving them more choice in where and how they access care.

Over 10,200 pharmacies (95%+) have opted to deliver the service and 80% of people live within 20 minutes of a community pharmacy, making it a convenient and quicker way of accessing care.

### Call to Action

Don't wait for minor health concerns to get worse – think pharmacy first and get seen by your local community pharmacy team.

For more information, visit [Pharmacy First: what you need to know - Department of Health and Social Care Media Centre \(blog.gov.uk\)](https://www.blog.gov.uk/2022/07/20/pharmacy-first-what-you-need-to-know/)

**Please be aware our health navigators will be referring patients to community pharmacists, where appropriate.**



# Please be kind.....



**We want to create a safe environment for our staff and patients, you can help us do this. We are taking a zero tolerance approach to abuse and aggression towards our staff and our patients join us and say this is **#NotInADaysWork****

We all know how frustrating it can be in accessing healthcare these days. The NHS continues to be under a huge amount of pressure and demand continues to increase. We are happy to say that the majority of our patients are very kind and respectful to staff ,which is appreciated by everyone at the Practice.

However, verbal abuse is rising across all services including our GP practice. Harmful words do have a negative impact on our staff and can often hold up the services for everyone as we deal with the consequences.

Please be mindful of this issue, thank you for your help in making sure the practice is a safe environment for everyone.

## How have we done?

If you would like to provide any feedback please leave us a review on the NHS Choices website or through our Orchard website.

We would love to hear about your experience to help us improve services or share your comments to our practice staff.

You can leave feedback by going to <https://www.nhs.uk/services/gp-surgery/the-orchard-medical-centre/L81055/leave-a-review>

Or use the QR code .....

