

The Grove Medical Centre

Summer 2024 Newsletter



Vaccinations

Timeline of CHILDHOOD IMMUNISATIONS

- 8 weeks
- 12 weeks
- 16 weeks
- 1 year
- 3 years & 4 months (preschool booster)
- 12-13 years
- 14 years (teen booster)

Please contact Reception to book an appointment for your CHILD IMMUNISATIONS if they are missing any of the above.



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.

CHECK IF YOUR CHILD HAS MEASLES

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

Cold-like symptoms include a high temperature, runny or blocked nose, sneezing, a cough, red, sore, watery eyes.

<https://www.nhs.uk/conditions/measles/>





Covid Autumn Booster vaccinations for eligible patients

Our Care Coordinator, Joseph, will be organising the covid autumn booster vaccines and he will be contacting eligible patients in September to book them in at the surgery.

Am I eligible for an autumn Covid booster?

- Residents in care homes for older adults.
- All adults aged 65 years and over.
- People aged 6 months to 64 years in a clinical risk group, as defined in tables 3 and 4 of the Covid-19 chapter of the UKHSA Green Book on Immunisation.
- frontline health and social care workers.



FLU vaccinations for eligible patients

We will be contacting eligible patients in September to book them in at the surgery for a free flu vaccine.

Eligibility from 1 September 2024:

- pregnant women
- all children aged 2 or 3 years on 31 August 2024
- primary school aged children (from Reception to Year 6)
- secondary school aged children (from Year 7 to Year 11)
- all children in clinical risk groups aged from 6 months to less than 18 years

Eligibility from October 2024, exact start date to be confirmed by NHS England in due course:

- those aged 65 years and over
- those aged 18 years to under 65 years in clinical risk groups (as defined by the [Green Book, Influenza Chapter 19](#))
- 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 individuals
- frontline workers in a social care setting without an employer led occupational health scheme including those working for a registered residential care or nursing home, registered domiciliary care providers, voluntary managed hospice providers and those that are employed by those who receive direct payments (personal budgets) or Personal Health budgets, such as Personal Assistants



Mental Health

If you are feeling distressed or have concerns for your wellbeing and need to talk to someone, contact your GP or call any of these numbers:

NHS Single Point of Access (SPA): 0800 6444 101: For people to access NHS mental health support and services. Lines are open 24/7.

NHS Wellbeing Service: To make a self-referral or find out more about the service, visit: www.hpft.nhs.uk/services/community-services/wellbeing-service/referrals/
To request a self-referral form be sent to you via post, please call **0800 6444 101**.

Healthy Young Minds in Herts: Access Hertfordshire CAMHS Mental health support and services for children and young people. For more information visit: www.healthyyoungmindsinherts.org.uk

NightLight Crisis Helpline: 01923 256391 – Telephone line open from 7pm to 1am every day of the year. For more information visit: [Nightlight Crisis Helpline](#)

Samaritans: 116 123 Lines open 24 hours a day. Calls are free. Website: <https://www.samaritans.org>

Saneline: 0300 304 7000: Open every day 4.30pm to 10.30pm.

Shout: Free 24/7 support for people in crisis. **Text SHOUT to 85258** in the UK to text with a trained Crisis Volunteer. For more information visit: Giveusashout.org

Mindline Trans+ National Helpline: 0300 330 5468 National helpline for people who identify as Trans, non-binary & their friends and families. Open every Mon- day and Friday 8pm- Midnight

HOT TOPIC - Long Term Pain Management

Ways to manage chronic pain

To help you lead a fuller life, exercise and continuing to work, if you can, are key to managing persistent pain (also known as chronic pain). Lying in bed for long periods can make back pain last longer and lack of activity can cause any of the following symptoms.

- stiffening up
- weaker muscles and bones
- sleeping less well
- becoming lonely and depressed
- pain feels worse
- finding it becoming harder to get going again



A better approach to reducing pain is a combination of:

- exercise
- continuing to work, if you can
- physical therapy
- painkillers

Exercise

Choose an exercise that won't put too much strain on you. Good options include:

- walking
- swimming
- using an exercise bike
- dancing, yoga or Pilates

Pain relief medication

It's important to take painkillers regularly and at the recommended dose or as prescribed. Taking medication correctly can help to overcome a flare-up of your pain or help get you through an impending activity.

Don't wait until your pain is severe before you start taking painkillers, as they won't work as well.

If a 2-week course of over-the-counter painkillers does not work, seek help from your GP or pharmacist.



Meditation for pain

This pain management meditation course for pain relief, from Meditainment, is free, easy to follow and proven to help people cope with chronic pain. <https://www.meditainment.com/pain-management-meditation>



Online help for pain

There's a lot of online information if you're living with pain.

General pain websites

Charity: Action on Pain <https://action-on-pain.co.uk/>

Charity: Pain Concern <https://painconcern.org.uk/>

Meditation for pain



Self-help tips

The Pain Toolkit has been developed by someone with long-term pain and is a collection of helpful tips and strategies to manage persistent pain.

Meditation for pain

The pain management meditation course for pain relief from **Meditainment**, is free, easy to follow and proven to help people cope with chronic pain. It is part of the Pathway through Pain online course.

<https://www.meditainment.com/pain-management-meditation>

Activity and stretching needs to become part of your lifestyle so you routinely do exercise a little and often.

- Try to be active every day instead of only on the good days when you're not in so much pain. This may reduce the number of bad days you have and help you feel more in control.
- Also try to avoid overdoing it on good days and paying for this by having more bad days.
- Try flexibility exercises and sitting exercises you can do at home.
- Go to work if you can because it's important to try to stay in work even if you're in pain.
 - Research shows that people become less active and more depressed when they don't work. Being at work may distract you from the pain and might not make it worse.
 - Talk to your supervisor or boss if parts of your job are difficult to begin with, but stress that you want to be at work if that's the case.
 - If you have been off work for 4 to 6 weeks, plan with your doctor, therapist or employer how and when you can return.
 - You could go back to work gradually. For instance, you might start with 1 day a week and gradually increase the time you spend at work.
 - You could also agree changes to your job or pattern of work if it helps – a health and safety rep or occupational health department may be useful here.

Physical therapy

- Pain experts often recommend a short course of physical therapy because it helps you to move better, relieves your pain, and makes daily tasks and activities easier, like walking, going up stairs or getting in and out of bed.
- Physical therapy for persistent pain can involve manipulation, stretching exercises and pain-relief exercises.
 - Physical therapy is usually delivered by a physiotherapist, chiropractor or osteopath, or in some cases, an occupational therapist.
 - Physiotherapists can give you advice on the right type of exercise and activity. Occupational therapists can support you with environmental changes that can help you remain in work and function better at home.
 - If you have physical therapy, you should begin to feel the benefits after a few sessions.
 - Your GP may be able to refer you for physical therapy on the NHS, although physical therapy is only available privately in some areas. In others, there's direct access to NHS physiotherapy without the need for a GP referral.

Painkillers for long-term pain

- It's safe to use over-the-counter (OTC) painkillers to reduce your pain so you can be more active. But it's important to use painkillers carefully, as they have side effects. Paracetamol for adults is the simplest and safest painkiller.
- You could also try anti-inflammatory tablets like ibuprofen for adults as long as you don't have a condition (such as a stomach ulcer) that prevents you using them.

Always inform your GP about any regular OTC medication you are taking to ensure that there are no contraindications with other medication you take or medical conditions you may have.

Cost of Living



Communities First Services

This Service can be found on Leeming Road next door to the CO-OP.

They offer a multitude of services including:

- **Shopper Bus** service that goes to: Watford, Welwyn Garden City, Hatfield, and all-around Hertsmere. They can also provide people to help with shopping and helping to take it into your home. This is a subscription service costing £10.00 per year, and £6.00 per trip.
- **Bus Service to Hospitals/Clinics** for outpatient appointments. They will drop you off and arrange a pick-up time for you. Which would be a lot more reliable than Patient Transport Services, which are always overworked and understaffed.
- **Healthy Hub** providing advice on stopping smoking, weight loss, fitness classes and mental health outreach.
- **Community Hub** providing free computer and internet use, typing, scanning, and emailing services. Form filling support, computer, tablet and smartphone help, community bowling and much more.
- **Day Trips**, it costs £6.00 return not including entrance fees and refreshments, past trips include the Dutch Nursery and Garden Centre, Enfield Garden Centre, Hatfield House and Old Hatfield, Luton Hoo Walled Garden.
- **Social groups:** Men that Meet (Windsor Hall on Tuesdays from 1.30pm-4pm). Creative Community Café, (Windsor Hall on Mondays 10.30am to 12.30pm) people meet for cuppa, chat and various hobbies including knitting, crotchet, needlework, painting and more.
- **Training courses:** A New You (Confidence Building), Various Arts and Crafts, an introduction to British Sign Language and many more, these are either free or very low cost.
- **Help with Numeracy skills and shopping on a budget.**



Food Banks in Borehamwood are available to anyone who is in need.

WD6 Food Support at Parkside School open Friday's 1.30pm to 3pm during the school holidays

Trussell Trust at St Theresa's Church which is open Mondays 1-3.30pm, Thursdays 10am-12.30pm

Gratitude, the old Library on Elstree Way Monday to Sunday 10am-5pm

SEBBYS CORNER based in Cowley Hill is a charity that believes no child should go without essentials such as clothing, nappies, formula, toiletries, and baby equipment. Families can be referred by professionals once every 3 months.

If you can help by donating non-perishable food and toiletries etc. donation boxes are in most supermarkets.

Information about clubs, food banks, free activities and much more are available in the Town Crier and/or by visiting the library.

Donations can be made by appointment:
<https://www.sebbyscorner.co.uk/donate-stuff>

This newsletter is brought to you by THE GROVE PATIENT PARTICIPATION GROUP (PPG). If you have ideas for our HOT TOPIC SECTION and/or you would like to join the PPG please contact us via email hweicbhv.thegrove.ppg@nhs.net or phone the surgery 02035383959 (after 10.00 so that you avoid the queue for appointments)