



Newsletter Autumn 2024

NEW WEBSITE

From the 3rd of September we will have an update to our website to make this easier to navigate for our patients. If you have any problems with this, please get in touch with the surgery.

CLOSURE DATES

Wednesday 25th September – from 12:30pm for Staff Training
Thursday 3rd October – from 12:30pm for Staff Training

RSV VACCINES

From September 2024, the NHS is rolling out the Respiratory Syncytial Virus (RSV) to protect older adults.

For the free RSV vaccine, this is offered to those who:

- Turn 75 years of age on or after the 1st September 2024
- Those already aged 75 to 79 years old on 1st September 2024

If you fit the above criteria, and you would like to have the vaccine please contact the surgery to arrange an appointment with Practice Nurse.



FLU VACCINES

The flu vaccine helps protect against flu, which can be a serious or life-threatening illness. It's offered on the NHS every year in autumn or early winter to **people at higher risk of getting seriously ill from flu**. We will soon be getting in touch with those who are at higher risk to offer a free flu jab for the below dates.

Wednesday 9th October 2024 – Under 65's

Thursday 10th October 2024 – Over 65's

If you don't get the flu jab free from the NHS, are 18 years old and over, and you would like to have one, please contact a local pharmacy for further information.



CELEBRATE!



Congratulations to our Pharmacist Merna for welcoming a healthy baby boy at the beginning of August. Sending well wishes to the new arrival and the family!

Congratulations as well to Freja, one of our receptionist, for climbing Snowdon during August. Well done!



Telephone – 01273 328950
Email – montpelier.surgery@nhs.net
Website - <https://www.montpeliersurgery.co.uk/>



ONLINE SERVICES

For access to our online services through our website please bring photographic ID into the surgery where we can print you off a username and password for SystemOnline. This will allow you to make appointments and request repeat medications.

Alternatively, please download the NHS App where you will be able to access similar services



PATIENT SURVEY

We always will welcome feedback so we know how to improve our services. With a few months left of 2024, we would like to invite you to complete our Patient Survey through our website or in person by collecting a copy from reception.

<https://www.montpeliersurgery.co.uk/navigator/patient-survey/>

ELECTRONIC PRESCRIPTIONS

You can nominate a pharmacy for your repeat prescriptions. We will then send your prescription electronically to them instead of producing a paper copy. Let your pharmacy know if you would like to use this service.



NEW MEMBERS OF THE TEAM

Within our Primary Care Network (PCN) we have a multitude of different staff working across different surgeries. When contacting us at the surgery you may be advised to speak to another member of staff who isn't a GP. These include:

- Care Coordinators – help bring together different teams to support people with complex health and care needs.
- Social Prescribers – they help connect patients to services, groups, and activities within the community to meet their social, emotional, and practical needs for their wellbeing
- Mental Health Care Coordinators – these individuals focus on mental health and how to support individuals through referrals, their care, and ongoing check-ins.



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AWARENESS DAYS



September

Blood Pressure UK (Know Your Numbers Week) –this is designed to encourage adults to know their blood pressure numbers and take the necessary action to reach and maintain a healthy blood pressure. Pop into the surgery and use our machine in reception on any weekday!

October



Stoptober is back this October to encourage and support smokers to quit for good. Contact your local pharmacy today to start your journey to stop.

Breast Cancer Awareness Month – to raise awareness for the diseases and to raise funds for research. If you notice a lump, change to skin, change of colour of your breast, nipple changes, rash/crusting, unusual liquid/discharge from either nipple, or changes in size or the shape please contact the GP surgery for a check-up with our GPs.



World Mental Health Day – October 10th 2024 – an opportunity for all to raise awareness and advocacy against mental health stigma.



World Menopause Day – October 18th 2024 – raising awareness for women who are feeling lost whilst going through the menopause and need support. If you are experiencing any troubles make an appointment with one of our GPs or alternatively we have a menopause/HRT specialist Pharmacist called Chloe, who runs a few appointments on a Monday morning.



November



Movember – their main aim is to raise vital funds and awareness for men's health and are responsible for thousands of moustaches on people's faces!

Trans Awareness Week – 13th to the 19th of November 2024 to help raise the visibility of transgender people and address issues members of the community face.



PRIMARY CARE NETWORK SOCIAL MEDIA



Facebook: <https://www.facebook.com/brightonpcn>
Instagram: <https://www.instagram.com/bnnorthandcentralpcn/>

We are always looking for suggestions from our patients about what they would like included in our newsletter. Please pass on any comments or suggestions to the practice. We will try and include these in our next edition.

Thank you.



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