



Your Doctors

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OPENING TIMES

8.30am—1 every day
2pm—8pm (Monday)
2pm—6pm (Tues-Fri)
Closed Saturday & Sunday

ENHANCED ACCESS

If you need access to GP services in the evenings, or at weekends, there are now improvements to where, when and how appointments can happen.

Remote, pre-bookable GP appointments are available to all patients through LIVI, every weekday, 4-8pm and at weekends. To pre-book an appointment, please call the surgery.

Monday evening appointments at Neetside Surgery are available up to 8pm

Call 111 for medical advice & direction: 999 for life-threatening emergencies.

MAY CLOSURES

We will be closed all day on **Monday May 6th** and **Monday May 27th** for the two May Bank Holidays, plus **Wednesday May 15th** from 1pm for staff training.



SPRING VACCS ARE BACK!

We are currently taking bookings for clinics being held **at Neetside Surgery** for the Spring Covid booster vaccinations. Please contact reception to book in.

Patients who are eligible are:

- Anyone over 75
- People living in a care home for older people
- Anyone 18 to 75 who is SEVERELY IMMUNOSUPPRESSED. Guidance on conditions that mean someone is severely immunosuppressed can be found on the **gov.uk** website or by using the QR code. *Please note: medically 'at risk' patients, not immunosuppressed, are NOT eligible for the Spring Boosters.*



DATES

Thursday 2nd May

Thursday 16th May

If you are unable to make either of these dates, and are eligible for a booster vaccination, please contact us for any additional local availability. We have also been advised that some clinics will be being held at local community venues later in the spring and summer. The National Booking Service is not offering bookings in practices, or locally at the moment.

You can have your booster around 6 months after your last dose, but you can have it as soon as 3 months after your last dose.

If you are turning 75 years of age between April and June this year, you do not have to wait until your birthday.

If you have had a severe reaction to a previous dose of the vaccine, you should discuss this with your doctor.

If you are unwell on the day of your vaccination, wait until you have recovered to have it. You should not attend an appointment if you have a fever or think you might be infectious to others.

Please note: we are not commissioned to provide Covid vaccinations to anyone under 18 at Neetside. These will be available at local venues run by other NHS providers. We will post these clinics on our website as we hear.

UK Health Security Agency | **NHS**

Top up+ your immunity this spring

If you're in one of the following groups, you can take up the **spring COVID-19 Booster offer**

Adults 75 years and over

People aged 5-74 with a weakened immune system

Residents in care homes

Tips



FROM THE TEAM

We aim to contact everyone who has a Long Term Condition (LTC) for review appointment every year. This is an opportunity to talk about medication and any concerns around the condition that you have. It's a really important part of your healthcare.

We contact patients during their birth month to make an appointment for this. If we have not contacted you during your birth month, please get in touch. We want to hear and get you booked in. If you need your blood pressure taking before the appointment **POP INTO THE POD!**



Home from hospital?

Get help with your transport, find fun local activities and support that matters to you.

Community Gateway

01872 266383

gateway@ageukcornwall.org.uk

Open 8am - 8pm,
7 days a week,
365 days a year.

Let the Gateway take some of the strain and help with:

- finding a local place that provides a hot meal or access to food banks
- Providing personalised care plans to help prevent hospital admissions
- support to get a person home from hospital
- information on mental health support
- locating local fitness and community hubs, hot food and warm spaces

BP MONITOR NEWS

Bude Library are now offering free loan of Blood Pressure Monitors to people on production of a Library Card. Loan will be for 3 weeks and forms for recording BPs will also be provided to hand in to your surgery. This service is available across Cornwall.

Don't forget you can also use the **Health Pod** at the surgery to take a blood pressure reading at any time. The result will then be sent electronically straight to your record. Easy!

BORROW A FREE BLOOD PRESSURE MONITOR

#KnowYourNumbers

Check out more than books!

1 in 10 Adults don't know they have high blood pressure!



Customer survey

You can now borrow a blood pressure monitor free from Cornwall Libraries. Speak to a member of staff for more information.



HIGH BLOOD PRESSURE

LEAVES NO CLUES

...BECAUSE IT CAN HAVE NO SYMPTOMS

Get your free blood pressure check in pharmacy today.

See your pharmacist

Help us help you

NEETSIDE SURGERY IS AVAILABLE ON FACEBOOK

Get all the latest!



Neetside Surgery: 01288 270580

CALLING YOUNG CARERS

Are you a Young Carer?
Or do you know someone who is?

A Young Carer is someone under 18 years of age who cares for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support. Anyone aged 18 to 25 is a Young Adult Carer.

AMIA
YOUNG CARER?

If any of these sound like you, you may be a Young Carer...

- Practical tasks -** cooking, housework, shopping and gardening.
- Physical care -** helping the cared for in/out of bed, around the house, outside the home.
- Emotional support -** listening, talking and showing empathy.
- Personal care -** undressing/dressing, bathing, using the toilet.
- Managing the family budget -** paying bills, seeking benefits, working to contribute financially.
- Supporting with Communication -** Making calls, relaying needs to professionals, helping a sibling communicate.
- Dealing with Medication -** collecting prescriptions, giving medication, attending appointments.
- Supporting family members during crisis -** calling emergency services, providing emotional support during hospital visits, dealing with the trauma after the event.
- Looking after siblings -** feeding, bathing, dressing, homework, emotional support.
- Completing daily nursing tasks -** clearing peg/breathing tubes, personal care, feeding and bathing.

To find out more, scan the QR code

If you're a young carer, please let the surgery know so we can add this to your medical record. You may then be eligible for additional support.

Check out information about Young Carers here:
<https://carers.org/about-caring/about-caring>

Cornwall Carers Service



A service that supports unpaid and informal carers.

01736 756655

www.cornwallcarers.org.uk

CORNWALL CARERS SERVICE
A WHOLE AGE SERVICE

ARE YOU A CARER?

A Carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a condition that affects their mental or physical wellbeing or an addiction cannot manage without their support. Our services include, emotional support, information, advice and guidance, statutory assessment, access to grants, community support, carer specific training and dedicated support for all carers.

SUPPORT FOR THOSE WHO CARE

SCAN ME

Advice Line:
01736 756655

www.cornwallcarers.org.uk
www.kernowyoungcarers.co.uk

What support can a Young Carer get?

KERNOW YOUNG CARERS support Young Carers to self-manage caring responsibilities, providing information, advice and guidance over the phone and working with schools. They are also able to provide direct 1 to1 work with Young Carers and Young Adult Carers (18 to 25) as well as offering activities on a regular basis and during the school holidays.

Contact through the Advice Line on freephone **01736 756655**, by emailing:
kernowyoungcarers@barnardos.org.uk.





INFECTION PROTECTION



As we start our spring Covid vaccination season, we want to encourage our patients to take up the other vaccinations available to them at certain seasons of their lives. We will be offering these extra vaccinations as you book, or when you come in. Occasionally age-ranges, and eligibility criteria change (as with shingles this year), so we hope you'll take up the option to get protected, when you're eligible. If you are in any doubt about what you are eligible for, and if it is right for you to have it, please speak to a member of the nursing team.

Shingles Vaccination

Shingles is a common, painful skin disease. The vaccination for this has been offered to those in 70-79 age group. This is now changing with an increased roll out to those who are younger.

From 1 September 2023:

- Those aged 70-79 will still be able to get the shingles vaccine from their GP practice. They will either be offered one dose of Zostavax or two doses of Shingrix (6 to 12 months apart)
- All those aged 50 and over with a severely weakened immune system will be offered two doses of the Shingrix vaccine by their GP practice (8 weeks to 6 months apart).
- Those who turned 65 and 70 on 1st September 2023 will be offered two doses of the Shingrix vaccine (6 to 12 months apart) by their GP practice as they become eligible (eligibility will go down to 60 years old in September 2028).

Research has shown that once people turn 80 it is no longer effective.

The shingles vaccine is usually given into the upper arm. You can have it at any time of the year and it gives lifetime immunity.

The shingles vaccine is expected to reduce your risk of getting shingles. If you do go on to have the disease, however, your symptoms may be milder and the illness shorter.

Pneumococcal Vaccination

The pneumococcal vaccine helps protect against some types of bacterial infections that can cause serious illnesses like:

- meningitis (an infection in the brain and spinal cord)
- sepsis (a life-threatening reaction to an infection)
- pneumonia (an infection in the lungs)

It can also help protect against other illnesses such as sinusitis and ear infections.

The pneumococcal vaccine is recommended for babies, older people (aged 65 and above), and children and adults at higher risk of getting seriously ill from pneumococcal infections.

Measles & MMR



Due to a significant rise in the number of measles cases nationally and locally, and the decline in uptake of the MMR vaccination for children and young people under 25, please get in touch if you think you, or a child in your household are not up-to-date with their MMR vaccinations.

Measles is a nasty infection that spreads very easily and can cause serious problems in some people. Having the MMR vaccine is the best way to prevent it. If you're thinking of going to college or University, we're particularly keen to hear from you.

WHY SO MANY QUESTIONS? POP INTO THE POD!

Have you ever wondered why we are always asking you so many questions when you phone in or come in for an appointment; your height, weight, alcohol consumption, smoking status etc? Patient information like this is not just helpful for healthcare staff to gauge some aspects of your current and potential future health, but can determine what services we provide at the surgery to address some of the more common problem areas like obesity, dependence, heart, lung and circulatory health.

To help us collect this information about you: asthma questionnaires, pill checks, blood pressure checks, weight, BMI, alcohol screening and your smoking status, why not **POP INTO THE POD** in reception. You can give us all the information without waiting for an appointment. The results go straight to your record! It's so easy. If you need a little help using the POD, please ask one of the team.



You can book an appointment
and catch up on the MMR
vaccine at any age

Getting the NHS MMR vaccine is free
and usually takes just a few minutes



Measles is not just
a childhood disease –
it can make adults
seriously unwell too

Make sure you
are up to date
with your MMR
vaccinations

