



## NEWS LETTER

Edition – April 2024

“Produced by the Surgery with support from the Patient Participation Group”

*“Welcome to our spring 2024 Newsletter, we hope you find some of the following articles helpful, we hope to provide you with a “bi-monthly” newsletter to keep you updated with any surgery updates, and also any relevant information, if you would like this newsletter, in another format please let us know“*

### Shingles

Shingles is a common condition caused by the varicella-zoster virus which also causes chicken pox. This virus causes a painful rash and presents itself as blotches on the skin on one side of the body only. If the rash/blotches are on both sides of your body then it is unlikely to be shingles.

You cannot spread shingles but it is important to know that people could catch the chickenpox virus from you if they have not had it before. It is important to avoid anyone who is pregnant and has not had the varicella-zoster virus (chickenpox), vulnerable people with a weakened immune system

The NHS offers a vaccine to help reduce your chances of getting shingles and other serious problems that can occur from the infection

**It is available to all adults turning 65 on or after 1st September 2023 and all adults between the ages of 70-79. Those aged 50 or over with a severely weakened immune system** including people with blood cancer (Leukemia or Lymphoma), HIV or AIDS, or who have recently had a stem cell transplant, radiotherapy, chemotherapy or an organ transplant and people taking certain medicines that weaken their immune system will also be offered the vaccine.

It is important to know that you can get shingles more than once so it is vital to get vaccinated even if you have had shingles before.

You will usually be invited for a shingles vaccine by your GP surgery when you are eligible. It is important to contact us if you think you are eligible for the vaccine but have not been contacted, or you did not have the vaccine when contacted, or you are still under the age of 80 and due to have your vaccine, but you are feeling unwell

When you contact us one of our team will either get you booked in to see one of our practice nurses or they will look into for you if you are unsure.

Please note the vaccine is given in two doses, reception will book the first dose, and then the nurse will either book your 2<sup>nd</sup> one, or let you know the date you are due to have it.

If you feel that you do have shingles you may need medicine to help speed up the recovery and help avoid complications. As well as calling us you can call 111 for help or get help from 111 online. You can also speak to your local pharmacist who can provide the same treatments you would get from your GP

#### SHINGLES 101

##### Symptoms of Shingles

- Rash or blisters on a section on one side of your body
- Pain, burning, numbness, or tingling sensation
- Sensitivity to touch
- Fluid-filled blisters

##### Risk Factor of Shingles

- Aged 60 years old or older
- Weakened immune system
- Undergoing chemotherapy or radiation treatment
- Experiencing recurrent shingles
- Taking immunosuppressants



## Spring Boosters Covid

Although Covid cases are falling, we are set to have another covid campaign for the spring Vaccine. [UKHSA data dashboard](#)

This time the vaccine is to be made available to the most vulnerable patients in our community. This will include patients who are 75 and over, Older adults in care homes, patients who are housebound and those who are 6 months or older and who are immunocompromised.

We have been advised that the vaccine that will be available to us will be Spikevax (previously COVID-19 Vaccine Moderna) however we will not know for sure until delivery.

Patients will be invited in highest risk order and around 6 months after their last dose.

We are starting this campaign week commencing the 15<sup>th</sup> April with the older adults in care homes, after the care homes we will vaccinate the housebound and then finally have clinics throughout May and June in surgery.

We will be sending invites out via text messaging in the next couple of weeks which will include a link to book online or alternatively to call the surgery number and select option 5 for our dedicated covid booking line.

This will be operational on the day we send the first invites out and the lines will open between 10am and 2pm Monday to Friday We will be running clinics across both sites to make the vaccine more accessible to eligible patients. We aim to finish these clinics at the end of June but may finish earlier depending on uptake.



## Mental Health Awareness Week 13<sup>th</sup> May

Did you know week commencing 13<sup>th</sup> May 2024 is Mental Health Awareness week?

Our Mental health support Co-ordinator Kat will be setting up a stand in the waiting room with information about MIND, which will include information about mental health and getting support and advice.

Kat will also be spending some time in the waiting room discussing the services available. This year the awareness week is focusing on movement and the importance of it.

If you are able to attend MIND are kindly holding an “open morning” on the 16<sup>th</sup> May in Lancing Parish Hall where they will run a one hour Yoga session, followed by a workshop about mental skills for building exercise into their routine. Other MIND staff will be there too with information about their services



Did you know our website has been updated, and you can now use it for many different things, to save you having to call us? If you lack confidence in using our website or understanding please do call (01903230656) and ask for Jo Lowes, who will be happy to help [Victoria Road Surgery \(victoriaroadworthing.nhs.uk\)](http://victoriaroadworthing.nhs.uk)



In our next edition, we will cover frequently asked questions and an update on the new Pharmacy service.