

SEPTEMBER NEWSLETTER

A warm welcome to our September newsletter! September may have started with a heatwave but we are all well aware that Winter is just around the corner. At the practice we are preparing to keep our patients safe and well over the winter months by rolling out our annual flu vaccination campaign, as well as inviting patient for their Covid booster vaccinations.

With children returning to school this month we always see an increase in infectious illnesses like coughs and colds. Most of these can be managed with home remedies or over the counter treatments and we encourage you to discuss with your local pharmacist in the first instance. Where children or adults are more unwell and need GP assessment or advice our Same Day Team are here to help - they can be accessed through our easy to use app [Ask First](#) or by calling the practice and selecting option 6. Please note that our service is extremely busy throughout the autumn and winter so we ask that the Same Day Team only be used for urgent problems requiring a GP assessment on that day, you should be available to come to the surgery for a face to face appointment if asked.

We also know that the winter months can be lonely or more challenging, especially for those who are socially isolated or have mental health problems. We are pleased to be expanding our mental health and wellbeing team with Nicole, our new mental health practitioner. Nicole will be working along side Faiz and Sally our health and wellbeing coaches and Marina our social prescriber. Nicole will conduct some of her clinics from the Wimbledon Guild premises on Worple Road so that she can support patients in connecting with the wide range of excellent services available there. Nicole accepts referrals from GPs and can assess, support and signpost patients to other members of the team.

To help our patients stay up to date with our activities and access our services easily we will be making some changes to our website over the coming weeks. Please check back in to see what's happening or follow us on [Facebook](#), [Instagram](#) or [Twitter](#).

Wishing all our patients a healthy back-to-school season —The Nelson Medical Practice

Flu Vaccinations

The NHS is asking everyone who is at risk of being affected by flu to get vaccinated this winter. By having the flu vaccination, you will help protect yourself and others from what can be a severe, and sometimes fatal, illness which could lead to hospital treatment. You will also be helping to protect the NHS from coming under pressure this winter.

We will be running a number of Flu Clinics starting in September. We'll let you know when you're eligible and get you booked in for your flu jab, either by our self-book text messages or by contacting you directly. Don't worry if you don't hear from us straight away, we'll be starting with patients aged 65+, under 65s who are at risk and eligible children.

For more information on the flu vaccine, please visit: www.england.nhs.uk/london/our-work/getting-the-flu-vaccine/

Flu Vaccination Clinic Dates

Saturday 30th September 2023—65 and over

Saturday 7th October 2023—under 65's at risk

Saturday 14th October 2023—65 and over, under 65's at risk and children aged between 2 and 3.

If you are eligible for a flu jab, but unable to attend the practice on these dates, there will be additional appointments available after the flu clinics.



Know Your Numbers

Know your numbers week is Blood Pressure UK's annual campaign to encourage people to have their blood pressure checked, even if they feel well. High blood pressure, or hypertension, rarely has noticeable symptoms. But if untreated, it increases the risk of serious problems such as heart attacks and strokes. Cardiovascular disease (CVD) is one of the main causes of death and disability in the UK, but it can often largely be prevented by leading a healthy lifestyle. Around 1 in 4 adults in the UK have high blood pressure, although many will not realise it. All adults over 40 are advised to have their blood pressure checked at least every 5 years.

The only way to find out if your blood pressure is high is to have your blood pressure checked.

You can check your blood pressure if you have a monitor at home, or as part of your NHS health check, at some workplaces, at a pharmacy or your GP practice. You can book to see one of our Health Care Assistants or use our machine in reception, your results will be passed on to your GP for review.

The NHS online blood pressure tool will help you understand what your numbers mean and give you tips on how to manage your blood pressure. For more information visit the NHS website <https://www.nhs.uk/conditions/blood-pressure-test/> or Blood Pressure UK <https://www.bloodpressureuk.org/>

COVID-19 Autumn Booster

This winter it is expected that many respiratory infections, including COVID-19 and flu may be circulating at high levels – this may put increasing pressure on hospitals and other health care services.

For these reasons;

- Residents in a care home for older adults
 - All adults aged 65 years and over
 - People aged 6 months to 64 years in a clinical risk group
 - Frontline health and social care workers
 - People aged 12 to 64 years who are housebound contacts of people with immunosuppression
 - People aged 16 to 64 years who are carers and staff working in care homes for older adults
- are being offered an autumn booster of COVID-19 vaccine.

Eligible patients will receive a text message from the practice to book their COVID-19 vaccination, please contact our reception team if you have any difficulty in booking .

Bowel Cancer Information Event

Tuesday 19th
September

10.30am - 12pm
Wimbledon Guild,
SW19 4EF

This workshop
is open to
Merton residents
aged 50+

FREE

The talk will cover:

- Signs and symptoms to look out for
- Prevention and treatment for bowel cancer
- Experts will be on-hand to answer your questions and explain the importance of screening

Advanced booking essential.

For more info and to book a place, contact us:

☎ 020 8946 0735

✉ activities@wimbledonguild.co.uk



Where no one has to face
life's challenges alone



South West Merton Primary
Care Network
THE NELSON MEDICAL PRACTICE - GRAND DRIVE SURGERY

Registered Charity No. 200424

Living Well Pilot Project

We are working with our colleagues in St Helier Hospital, Age UK Merton and the Central London Community Healthcare team to support our most vulnerable patients. Our Living Well Pilot project delivers a holistic assessment and multidisciplinary discussion as well as tailored health and well being interventions to patients who are housebound and cannot attend the surgery. If you or someone you know may benefit from this intervention, please contact the practice and speak with Phoebe, our Living Well Patient Coordinator.



111.nhs.uk

Get assessed and
directed to the right
place for you without
leaving your sofa.

Use 111
online Help us
help you