

LEA VALLEY HEALTH PCN NEWSLETTER

A monthly newsletter brought to you by Lea Valley Health PCN

Who are Lea Valley Health PCN?

Lea Valley Health PCN (LVH PCN) is a group of four GP practices based in the Lower Lea Valley area of Broxbourne. Cromwell Medical Centre, High Street Surgery, Stanhope Surgery and Stockwell Lodge Medical Centre work closely together, aligned to other health and social care staff and organisations, providing linked services to their local population.

Working as a PCN it allows the practices to share resources, knowledge, services and staff. Staff employed through the PCN allow patients access to a wider selection of roles. Patients may be seen by a physiotherapist, social prescriber, clinical pharmacist, health and wellbeing coach, mental health nurse, care coordinator or paramedic.

Think Pharmacy First



Going to your local pharmacy offers an easy and convenient way to get clinical advice on minor health concerns, and now community pharmacies can offer treatment for seven common conditions without patients needing to see a GP, as part of a major transformation in the way the NHS delivers care.

Highly trained pharmacists at more than nine in ten pharmacies can now assess and treat patients for earache, impetigo, infected insect bites, shingles, sinusitis, sore throat, urinary tract infections (UTIs) for women aged 16-64 - without the need for a GP appointment or prescription.

Community pharmacy teams are highly-skilled, qualified health professionals who have the right clinical training to give people the health advice they need. Patients don't need an appointment and private consultation rooms are available. Pharmacy teams can also signpost to other relevant local services where necessary.

Pharmacists have always helped patients, families and carers in their communities stay healthy and are well placed to offer treatment for health conditions. By expanding the services community pharmacies offer, the NHS is aiming to free up GP appointments and give people more choice in how and where they access care.

Lea Valley Health PCN Patient Engagement Event

Tuesday 17th September 2024
7.00pm until 9.00pm

Halsey Hall (Masonic Hall)
Walnut Tree House
Turners Hill
Waltham Cross
EN8 8NJ

Lea Valley Health PCN invite you to meet their GP Practice Teams, the member practices are:

- > Cromwell Medical Centre
- > High Street Surgery
- > Stanhope Surgery
- > Stockwell Lodge Medical Centre

The event is being held to inform patients of the new way to contact your GP Practice and to provide details on the improvement plans being carried out behind the scenes.

There will be stalls for each practice, local charities and information stands for a number of conditions.

Patient Participation Groups (PPG) from each practice will also be there with guidance on how you can sign up and become a voice for the patient community.

We look forward to seeing you there!

*Refreshments will be available.
*Limited parking is available directly outside the venue.

FLU & COVID VACCINATIONS

Support your GP practice by booking your flu and covid vaccinations with them .clinics are being held from the 3rd October 24!!

Are you eligible for a free NHS flu vaccination?

Flu can be more dangerous if you are over 65, have an existing health problem, are pregnant, a carer, or children under 4.

Don't put it off. Get your flu vaccination straight away. Ask at your GP Practice.

STAY WELL THIS WINTER



Contacting your GP Surgery

GP surgeries can offer appointments with a range of health professionals including a GP, nurse, clinical pharmacist or physiotherapist, depending on your situation.

Appointments may be face to face, over the phone or online.

If you think you need an appointment at your GP surgery, you can contact them:

- using a form on your GP surgery's website
- by phone
- in person, by going into the surgery and talking to the receptionist

Before booking an appointment, your GP surgery may ask what you need help with.

This will help them decide how soon you need to be seen and help them choose the most suitable doctor, nurse or health professional to help you.

You can also contact us easily via the **NHS App**, the app is linked directly to your record so making request is much simpler. Here are the download links for Apple and Android devices

<https://apps.apple.com/gb/app/nhs-app/id1388411277>
<https://play.google.com/store/apps/details?id=com.nhs.online.nhsonline&pli=1>



Respiratory syncytial virus (RSV)

Respiratory syncytial virus (RSV) is a common cause of coughs and colds. It usually gets better by itself, but it can be serious for some babies and older adults.

Who's at risk from RSV

RSV is very common. Almost all children get it at least once before they're 2 years old.

It's not usually serious, but some babies and adults have a higher risk of getting seriously ill, particularly:

- babies under 6 months old
- children who were born prematurely
- adults over 75 years
- babies, children and older adults with a weakened immune system, or long-term lung or heart conditions

How to avoid catching and spreading RSV

RSV is spread in the coughs and sneezes of someone who has the virus.

There are some things you can do to reduce your chances of getting it or spreading it to anyone else, such as:

- wash your hands and your child's hands often
- wash or wipe down toys and clean surfaces regularly
- avoid sharing things like cutlery and cups
- use disposable tissues and throw them away as soon as you've used them
- **keep newborn babies away from anyone with a cold or the flu – especially if they were born prematurely or have serious health conditions.**

Treatment for children at risk of serious infections

Children who have a very high risk of getting seriously ill from RSV may be given treatment in the winter (between October and March) to help reduce the risk of RSV causing severe bronchiolitis.

RSV vaccination from September 2024

A vaccine to help protect against RSV will be available on the NHS from 1 September 2024.

You'll be able to get the vaccine if:

- you're aged 75 to 79
 - you're 28 weeks pregnant or more – this will help protect your baby for the first few months after they're born
- If you're aged 75 to 79, your GP surgery will contact you about getting vaccinated. Please wait to be contacted.

From September, you can speak to your maternity service or GP surgery about getting your RSV vaccination if you're 28

The advertisement features the NHS logo in the top left corner. The background is a dark grey surface with several pieces of paper pinned to it. A yellow sticky note reads "HIGH BLOOD PRESSURE" in red and black text. Below it, a white piece of paper says "LEAVES NO CLUES" in black text. To the right, another white piece of paper says "...BECAUSE IT CAN HAVE NO SYMPTOMS" in blue text. In the bottom right, there is a white box with the text "See your pharmacist" and "Help us help you" in blue. At the bottom, a large white text overlay reads "Get your free blood pressure check in pharmacy today."

GP Practice Staff

When you make an appointment with your GP surgery you will be asked what you need help with so you can be booked in with the most appropriate clinician.; this may be one of the following with a few examples of their:

- Advanced Nurse Practitioner - long term conditions, immunisations, minor illness, smears
- Care Coordinator
- Clinical Pharmacist
- Health and Wellbeing
- Nurse
- Paramedic
- Physiotherapist
- Receptionist
- Social Prescriber

Physiotherapists are part of your general practice team



They can help by:

- diagnosing and treating muscular and joint conditions
- advising on how to manage your condition
- referring you on to specialist services.

Talk to the reception team to find out more.

