

### COVID Vaccines



We have been busy delivering COVID boosters to our patients who are over 75 and those who are immunosuppressed. We delivered a whopping 2,204 vaccinations during April and May.

We will be holding some extra clinics in June to catch anyone who is not yet vaccinated.

If you are over 75 and have not yet had your COVID vaccine and wish to, please contact the surgery and we can arrange this for you.

### Crisis Line

There is now a new NHS 111 service for mental health. If you are experiencing a mental health crisis you can access urgent support 24/7 by calling NHS 111 and selecting the mental health option (option 2).

Calls will be answered by mental health advisors who will be able to provide immediate expert advice and assessment.



**If someone's life is at risk or you do not feel you can keep yourself or someone else safe call 999 or go to A&E.**

### Closed for Training

We will be closed for training on Tuesday 18th June from 12:30pm. We will re-open on Wednesday 19th June at 8am.

If you require medical help during this time please call 111 or visit your local Pharmacy.



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Facebook

[www.facebook.com/MowbrayGroupSurgeries](https://www.facebook.com/MowbrayGroupSurgeries)

# Whooping cough

Pertussis (whooping cough) cases are rising. Recorded vaccination uptake during pregnancy is falling and is now at its lowest in seven years.

Pregnant women can help protect their babies by getting vaccinated – ideally from 16 weeks up to 32 weeks pregnant. If for any reason you miss having the vaccine, you can still have it up until you go into labour.

Getting vaccinated while you're pregnant is highly effective in protecting your baby from developing whooping cough in the first few weeks of their life.

Published research from the UK vaccination programme shows that vaccinating pregnant women against whooping cough has been highly effective in protecting young babies until they can have their first vaccination when they are 8 weeks old.



## Whooping cough and pregnancy

### Help protect your baby

There is a lot of whooping cough around at the moment. Babies are at most risk, especially in their first weeks of life.

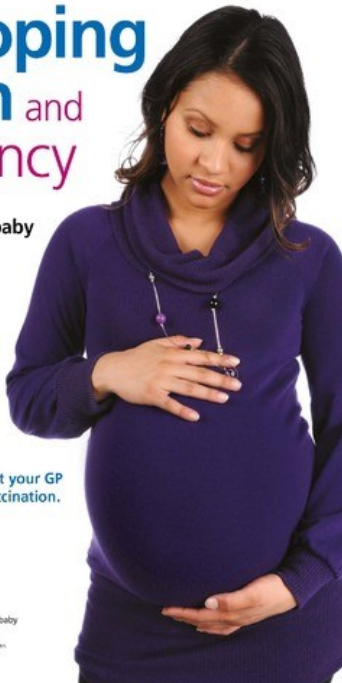
Expectant mothers can help protect their baby by getting themselves vaccinated against whooping cough, from 16 weeks of pregnancy.

**Don't take the risk.**  
Act now to protect your baby from whooping cough from birth. Contact your GP or midwife to get the vaccination.



the safest way to protect yourself and your baby

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### What is whooping cough?

Whooping cough (medically known as pertussis) is a serious infection that causes long bouts of coughing and choking, making it hard to breathe. The "whoop" is caused by gasping for breath after each bout of coughing, though babies do not always make this noise.

### So, how can I protect my baby against whooping cough?

The only way you can help protect your baby from getting whooping cough in their first few weeks after birth is by having the whooping cough vaccination yourself while you are pregnant.

After vaccination, your body produces antibodies to protect against whooping cough. You will then pass some immunity to your unborn baby.

For more information please visit [www.nhs.uk/conditions/whooping-cough/](http://www.nhs.uk/conditions/whooping-cough/)

## Repeat Prescription Line



Due to upcoming changes with our telephone providers we have changed the times of our repeat telephone line.

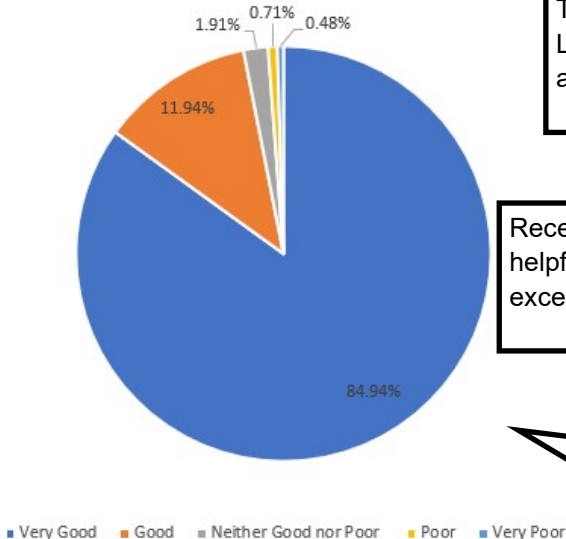
**The new telephone line will be between 12.30pm and 1.30pm.**

You can also order your repeat medications using your online account 24/7. If you don't have an online account but would like to set this up please ask for a form at our front desk. You can also use your online account to view results, book and cancel appointments, and view your medical record.



## Patient Feedback

Thank you to everyone who took the time to provide us with feedback.



The doctor I saw was very good. Listened and gave considered and constructive advice.

Receptionist was extremely helpful in fact I would have put exceptional

The service I've received has been superb.. the speed with which my appointments have been set was excellent.

# Mental Health Awareness Week

On the week of 13th—19th May we raised money for Mental Health Awareness week. This year, the theme of the week was 'Movement: moving more for our mental health'.

For more information visit:  
[www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week](http://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week)

**We raised a total of: £48.77**



# Climate Corner

Get involved in National Clean Air Day 20 June 2024!

Every year, air pollution causes up to 36,000 deaths in the UK. The World Health Organisation and the UK Government recognise that air pollution is the largest environmental health risk we face today. Clean air is essential for our health, and the co-benefits of clean air measures are also good for our wellbeing as well as being good for the planet.

For more information visit: [www.actionforcleanair.org.uk](http://www.actionforcleanair.org.uk)

 <p>Air pollution dirties every organ in the body, no matter who you are or where you live.</p>  <p><b>CleanAirDay</b></p> <p>Take steps to improve your health and the planet this Clean Air Day.</p> <p>#CleanAirDay <a href="http://cleanairday.org.uk">cleanairday.org.uk</a></p>	 <p>Leave the car at home. Walk, wheel or take public transport to work or school.</p>  <p><b>CleanAirDay</b></p> <p>Take steps to improve your health and the planet this Clean Air Day.</p> <p>#CleanAirDay <a href="http://cleanairday.org.uk">cleanairday.org.uk</a></p>
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**Greener Practice**