



October Newsletter



Tel : 0191 489 7183

www.mayfieldmedicalgroup.nhs.uk

Facebook: @MayfieldMedicalGroupJarrow

e-Consultation

Our e-consultation service can be accessed through our practice website. Simply follow the instructions and e-consult will either let you submit a request for the GP, or it will direct you to an appropriate service.

<https://mayfieldmedical.webgp.com/>

What can you do via e-Consult?

- Request or extend a sick note
- Request medication
- Get help and advice about your long-term conditions or your general health.
- Send a photo through for the doctor
- Request an appointment
- Administration query e.g. chase insurance report



Cervical Screening Appointments

It is important to attend the surgery when you are due your cervical screening appointment. To book an appointment please contact 0191 489 7183. A smear test (also called cervical screening) is important because it helps detect early changes in the cells of the cervix that could potentially develop into cervical cancer if left untreated.

<https://www.nhs.uk/tests-and-treatments/cervical-screening/>

Would you like to join our patient group?

What is a Patient Participation Group?

It is a group of patients who meet regularly to create partnership between patients, carers, and GP practice staff to improve healthcare services by

- Improving patient experience
- Enhancing communication
- Influencing practice decisions
- Supporting health promotion
- Supporting practice development
- Promoting patient health

If you would like further information on this, please contact

chelsea.pearson1@nhs.net

Annual Reviews Appointments

Our annual review appointments run APRIL to MARCH, and you will be invited in for your review when you are due.

It is very important to have your annual review check-up so that any appropriate follow up and investigations can be undertaken for you.

PRESCRIPTIONS

Due to the telephone demand increasing daily, we would recommend you **order your repeat prescriptions via your online app.**

This is a more efficient way, and you can see when your prescriptions are due and when they have been processed. If you are not set up for this, please contact our reception team or call into the practice and our reception team can help facilitate this for you.

Housebound patients can call the practice between 11-12 to order prescriptions.

Please note if you call outside of this time, you may be asked to call back in the allocated hours due to the phone lines being extremely busy.



A message from your GP Dr Tonti Ndubuisi

Flu Vaccine: Let's Bust the Myths!

As flu season approaches, it is a good time to protect ourselves and our loved ones. The flu vaccine is one of the best ways to reduce your risk of serious illness, yet many people remain unsure about it because of common myths and misconceptions. Let's separate fact from fiction!

Myth 1: "The flu vaccine gives you flu."

Fact: The injected flu vaccine used in adults does not contain live flu virus, so it cannot give you flu. Some people may experience a sore arm, mild fever or tiredness for a day or two. These are usually short-lived side effects and are much milder than flu itself.

Myth 2: "I am healthy, so I don't need the flu vaccine."

Fact: Even healthy people can catch flu and develop complications. Vaccination is particularly important for older adults, pregnant women, young children and people with certain long-term health conditions. Protecting yourself can also help protect those around you.

Myth 3: "I had the flu vaccine last year, so I don't need it again."

Fact: Flu viruses change over time, and protection from vaccination decreases. The vaccine is updated regularly to protect against the strains expected to circulate, which is why eligible people are advised to have it every year.

Myth 4: "The flu is just a bad cold."

Fact: Flu can cause fever, severe tiredness, muscle aches and a cough. Unlike a common cold, it can lead to serious complications, including pneumonia and hospital admission, particularly in vulnerable people.

Myth 5: "The vaccine is not effective, so there is no point having it."

Fact: No vaccine offers 100% protection, and effectiveness varies from season to season. However, the flu vaccine reduces your risk of catching flu and can lower the risk of severe illness and complications if you do become infected.

Myth 6: "I can wait until flu is everywhere before getting vaccinated."

Fact: It takes around two weeks after vaccination for your body to build up protection. Getting vaccinated when offered gives you the best chance of being protected before flu spreads widely.

Your health matters!

Flu vaccination is a simple but important step towards protecting yourself, your family and the wider community. If you are eligible for a free NHS flu vaccine, please take up the offer when invited by our surgery.

Don't let myths put your health at risk. Get informed, get protected and help us keep our community well this winter!

For further information about flu vaccination and eligibility, visit the NHS website at www.nhs.uk/vaccinations/flu-vaccine/ or speak to a member of our practice team.

Immunisation Awareness

Why immunisation awareness is important

1. Prevents serious diseases

Vaccines help protect against illnesses such as:

- Measles
- Influenza COVID-19
- Polio
- Meningitis



2. Protects vulnerable people

Vaccination helps protect babies, older adults, and people with weakened immune systems who may be more at risk.

3. Prevents outbreaks

When enough people are vaccinated, diseases are less likely to spread. This is called **herd immunity**.

4. Saves lives

Vaccines have prevented millions of deaths worldwide by reducing infectious disease.

5. Encourages informed health decisions

Awareness campaigns help people understand vaccine benefits, safety, and when vaccinations are needed.

Common immunisation awareness messages

- Keep vaccinations up to date
- Follow recommended vaccine schedules
- Ask healthcare professionals for advice
- Vaccination protects both you and your community

Patient online access NHS app

Download the NHS app or log in through the NHS website to access NHS services online.

What you can do with the NHS app

- Order repeat prescriptions and nominate a pharmacy where you would like to collect them
- Book and management appointments
- View your GP health records
- View your NHS number
- Register your organ donation decision
- Book and manage COVID-19 vaccinations



Stoptober

Stoptober is a UK public health campaign that takes place every **October** to encourage people to stop smoking for 28 days. It was launched by NHS and public health organisations to help people quit smoking by providing support, advice, and resources.

1. **Helps people quit smoking**

Research shows that stopping smoking for **28 days** makes people much more likely to quit for good.

2. **Stopping smoking reduces the risk of:**

- Lung cancer
- Heart disease
- Stroke
- Chronic obstructive pulmonary disease

3. **Stoptober offers:**

- Quit smoking apps
- Daily support messages
- Expert advice
- Community encouragement

<https://www.nhs.uk/better-health/quit-smoking/>



Breast Cancer Awareness Month

Breast Cancer Awareness Month is an international health campaign held every October to promote early detection, raise money for research, and support those affected by the disease. It is symbolised by the pink ribbon and features global educational activities, screening drives, and fundraising events.

Key Facts & Importance

- **Prevalence:** Breast cancer is the most common type of cancer in the UK. Roughly 1 in 7 women will be diagnosed with it in their lifetime, with around 55,900 new cases diagnosed annually.
- **Not Just Women:** While it is far less common, men can also develop breast cancer, with roughly 390 cases diagnosed in men in the UK each year.
- **Prevention & Lifestyle:** Maintaining a healthy lifestyle—including regular exercise, a balanced diet, and limiting alcohol—can significantly reduce the risk of developing the disease.

Actionable Advice & Support

- **Check Regularly:** Knowing your body is crucial. Always check for unusual changes such as lumps, skin dimpling, or nipple discharge.
- **Contact Your GP:** If you notice anything unusual, schedule an appointment with your local doctor immediately.

<https://breastcancernow.org/>



Baby Loss Awareness Week 9-15th October

Baby Loss Awareness Week (UK) takes place every year from **9-15 October**. It is a national awareness week that raises awareness of pregnancy and baby loss, including miscarriage, stillbirth, neonatal death and termination for medical reasons.

It is led by the Baby Loss Awareness Alliance, a group of charities working together to support bereaved families and improve care.



Why it is important

1. Raises awareness

It helps people understand the impact of baby loss and the emotional challenges families face.

2. Breaks the silence and stigma

The week encourages open conversations about baby loss, helping parents feel less isolated.

3. Supports bereaved families

It highlights support services, counselling, and resources available to families.

4. Encourages better care and understanding

It promotes improved healthcare, research and compassionate support for those affected.

<https://babyloss-awareness.org/>

Sober October

Why Sober October is important

1. Raises awareness of alcohol consumption

It helps people reflect on how much alcohol they drink and whether it may be affecting their health.

2. Improves physical health

Taking a break from alcohol can lead to:

- Better sleep
- More energy
- Improved concentration
- Better hydration
- Weight management

It can also reduce the risk of conditions such as:

- Liver disease
- High blood pressure
- Depression

3. Supports mental wellbeing

Many people report improved mood and mental clarity after reducing alcohol intake.

4. Encourages long-term healthy habits

A month without alcohol can help people build healthier drinking habits or decide to reduce alcohol long term.



<https://www.gosober.org.uk>