

The Green House Surgery
Autumn 2024 Newsletter
www.thegreenhousesurgery.co.uk



Welcome to our Autumn 2024 Newsletter

We would encourage our patients to read our newsletter as it contains some useful information, some of which you may not be aware of. You are welcome to take a copy home with you. However, an electronic copy is available on The Green House Surgery Website www.thegreenhousesurgery.co.uk

RSV Vaccine

Have you had your RSV vaccine?

RSV can cause pneumonia which can be very serious, so it is important that you are protected before the winter season.

If you were aged 75 to 79 years old on the 1st September 2024, then you are eligible for this vaccine.

If you're pregnant – the vaccine is recommended during every pregnancy (from 28 weeks onwards) to help protect your baby after they're born.

Since the start of the programme on the 1st September we have administered 208 vaccines to our eligible patients. **Contact the Practice to book yours now!**

Please visit <https://www.nhs.uk/vaccinations/rsv-vaccine/> for further information regarding the RSV vaccination

Flu and/or Autumn Covid Booster vaccinations

The practice will start providing Flu and/or Autumn Covid Booster vaccination clinics from the 3rd October 2024. We aim to co-administer Flu jabs and Covid Boosters; subject to eligibility and covid booster availability.

All patients eligible for flu vaccine have been invited and sent a self-book in link for the clinics.

If you haven't heard from the practice by now and feel that you are eligible then please call the practice to book your flu and/or covid vaccine booster.

The eligibility criteria for the Flu vaccine is;

- Patients aged 2 and 3 years old
- Patients 3-17 years of age at clinical risk
- Pregnant patients
- All patients 65 years and over
- Patients aged 18 years and over at clinical risk
- Healthcare workers

Please visit <https://www.nhs.uk/vaccinations/flu-vaccine/> for more information

The eligibility criteria for the Autumn Covid Booster is:

- Patients aged 65 years and over
- All patients at clinical risk
- Pregnant patients
- Healthcare workers

Please visit <https://www.nhs.uk/vaccinations/covid-19-vaccine/> for more

The Hygiene Bank

Sadly, over 4.2 million people live in hygiene poverty in the UK.

This impacts on their physical and mental health as well as absenteeism in school children.

Some examples of hygiene poverty include:

- Not being able to afford to wash your hair
- Not being able to afford to buy deodorant
- Sharing a toothbrush
- Not being able to change a baby's nappy regularly

The Hygiene Bank was established to help everyone access everyday essentials.

<https://thehygienebank.com/>

SWAPtoSTOP

What is SWAPtoSTOP?

SWAPtoSTOP is a new scheme open to all South Tees smokers over 18 years old who are wanting to quit. The Scheme provides smokers with a FREE vape starter kit and oils tailored to help you swap to a less harmful alternative to cigarettes.

Up to 2 in 3 long term smokers will die from smoking but vaping is one of the most effective tools to support you quit.

Please visit www.stopsmokingsouthtees.co.uk for more information or contact a member of the stop smoking team on 01642 727579.

Thanks for reading our Autumn newsletter. We look forward to providing a further newsletter in the Winter. Please keep checking in with us via our website at www.thegreenhousesurgery.co.uk as things change constantly.

