

Practice Newsletter Summer 2018



MEASLES CASES ON THE INCREASE

Measles is a highly infectious viral illness that can be very unpleasant and sometimes lead to serious complications. It's now uncommon in the UK because of the effectiveness of vaccination. However there have been recent local cases (in Bristol) and the number of cases identified so far in the South West this year has been more than 400.

Anyone can get measles if they haven't been vaccinated or they haven't had it before, although it's most common in young children.

The infection usually clears in around 7 to 10 days.

When to see your GP

You should contact your GP as soon as possible if you suspect that you or your child may have measles.

It's best to phone before your visit as your GP surgery may need to make arrangements to reduce the risk of spreading the infection to others.

You should also speak to your GP if you've been in close contact with someone who has a confirmed case of measles and you've not been fully vaccinated (had two doses of the MMR vaccine) or haven't had the infection before – even if you don't have any symptoms.

How measles is spread

The measles virus is contained in the millions of tiny droplets that come out of the nose and mouth when an infected person coughs or sneezes.

You can easily catch measles by breathing in these droplets or, if the droplets have settled on a surface, by touching the surface and then placing your hands near your nose or mouth. The virus can survive on surfaces for a few hours.

People with measles are infectious from when the symptoms develop until about four days after the rash first appears.

How measles can be prevented

Measles can be prevented by having the [measles, mumps and rubella \(MMR\) vaccine](#).

This is given in two doses as part of the [NHS childhood vaccination programme](#). The first dose is given when your child is around 13 months old and a second dose is given before your child starts school.

Adults and older children can be vaccinated at any age if they haven't been fully vaccinated before. Ask your GP about having the vaccination.

For more information please see the [NHS Choices website](#).

FLU CAMPAIGN IN 2018

We are already planning for our autumn flu vaccination campaign. This year patients over the age of 65 have been recommended to have the adjuvanted trivalent form of vaccine. "Adjuvanted" means that this contains a substance which enhances the body's immune response to an antigen providing better protection against the influenza virus. The delivery dates for this type of vaccine are slightly later than our previous campaigns and patients over the age of 65 will find that we will be offering clinics for this age group in October and

November. Patients who are at increased risk from influenza and are under the age of 65 will be offered the quadrivalent vaccine. We will be sending out invites to all eligible patients from beginning of September.

Children aged two to nine years (but not 10 years or older) on 31 August 2018 old will be offered the nasal spray. Children aged two and three years old can have the vaccination at the GP surgery, older eligible children will be offered the vaccine as part of the school immunisation programme.

GENERAL DATA PROTECTION REGULATIONS How we use your information

- We collect and hold data about you for the purpose of providing safe and effective healthcare
- Your information may be shared with our partner organisations to audit services and help provide you with better care
- Information sharing is subject to strict agreements on how it is used
- We will only share your information outside of our partner organisations with your consent*
- If you are happy with how we use your information you do not need to do anything
- If you do not want your information to be used for any purpose beyond providing your care please let us know so we can code your record appropriately
- You can object to sharing information with other health care providers but if this limits your treatment options we will tell you
- Our guiding principle is that we are holding your information in the strictest confidence
- For more information about who are our partner organisations and how your data is used please see the privacy notice on our website or ask at reception.

**Unless the health & safety of others is at risk, the law requires it or it is required to carry out a statutory function.*

WAYS TO WELLBEING

Ways to Wellbeing provides a free and confidential social prescribing service to anyone over the age of 18 living in and around the greater Fishponds area of Bristol.

What do we offer?

We find activities to help people get out of the house, become more socially connected, be more active, feel better in themselves and, if they want to, to make a difference in their community.

We offer a bespoke service. We give up to nine free and confidential one-hour sessions in a safe place during which a supporter will talk about the person's interests, find opportunities to suit them and help them to take part.

We can help people to find voluntary work, access support services, enrol on courses, join clubs and classes, get back to work, take up fitness activities, or get further support.

By getting involved, people make friends, learn new hobbies, boost their self-confidence and improve their health and wellbeing.

Who would benefit from this service?

We support people who:

- feel depressed or low
- feel socially isolated – little or no support from family/friends
- are out of work or unable to work owing to sickness
- are recently bereaved
- are a carer or ex-carer
- fear the outside world
- experience high levels of anxiety
- feel low in confidence or self-esteem
- have few or no hobbies or interests.

How do I get involved?

If you would like to find out more about our service, or would like to support us as a volunteer, please get in touch with Elena D'Orso on 0117 958 9321 (between the hours of 9am and 4.30pm Mondays to Fridays) or

E-mail: waystowellbeing@thecareforum.org.uk